

What else should I do?

For more information about family history of breast cancer visit the Cancer Australia website: www.canceraustralia.gov.au

See your doctor to discuss any further concerns regarding your family history of breast cancer. Your doctor can use Cancer Australia's online familial risk assessment tool to assess your risk. Women assessed to be at potentially high risk may be referred to The Tasmanian Clinical Genetics Service.

If there are any new cases of breast cancer diagnosed in your family it is important that you inform your doctor and BreastScreen Tasmania when you have your screening mammogram.

Be breast aware

As well as having regular screening mammograms, it is important to get to know your breasts and what is normal for you. Look in the mirror at your breasts and feel your breasts from time to time. If you notice an unusual change in the look, shape or feel of your breasts, please visit your doctor without delay.



Further information

Information about breast health, including family history of breast cancer is available from:

Cancer Australia
www.canceraustralia.gov.au

For an appointment phone

13 20 50

www.dhhs.tas.gov.au/cancerscreening
www.cancerscreening.gov.au



If you need a free interpreter, please call the Translating and Interpreting Service (TIS) first on **13 14 50** and ask to be connected to BreastScreen Tasmania on **13 20 50**.

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AUSTRALIA
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Tasmania's only accredited screening service

What does it mean for me if someone in my family has had breast cancer?



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Department of Health
and Human Services


Tasmanian
Government

Reassuring facts for women with a family history of breast cancer

For many women, knowing that they have a family history of breast cancer is cause for concern. However, it is important to remember:

Most breast cancers are not caused by genetic factors.

Breast cancer is a common disease largely associated with ageing. Most women with a family history have the same risk of breast cancer as any other woman in their age group.

Talk to your doctor about your family history

If you have a close relative who has had breast cancer or you are concerned about your family history of breast cancer, it is important that you discuss your individual circumstances with your doctor.

What is a family history of breast cancer?

A family history of breast cancer means that one or more close relatives on the same side of the family have had breast cancer. A small percentage of women with a family history are at increased risk of developing breast cancer.

The information in this brochure is based on current research.

Family history categories of risk

1° (first degree) = parents, siblings, children
2° (second degree) = grandparent, grandchild, half-sibling, aunt, uncle, niece, nephew

1. Women at average risk or slightly above have:

(Covers more than 95% of the female population)

- No confirmed family history of breast cancer.
- One 1° relative diagnosed with breast cancer at age 50 or older.
- One 2° relative diagnosed with breast cancer at any age.
- Two 2° relatives on the same side of the family diagnosed with breast cancer at age 50 or older.
- Two 1° or 2° relatives diagnosed with breast cancer, at age 50 or older, but on different sides of the family.

2. Women at moderately increased risk have:

(Covers less than 4% of the female population)

- One 1° relative diagnosed with breast cancer before the age of 50 (without the additional features of the potentially high-risk group – see category 3).
- Two 1° relatives diagnosed with breast cancer (without the additional features of the potentially high-risk group – see category 3).
- Two 2° relatives, on the same side of the family, diagnosed with breast cancer, at least one before the age of 50, (without the additional features of the potentially high-risk group – see category 3).

3. Women at potentially high risk have:

(Covers less than 1% of the female population)

- Two 1° or 2° relatives on one side of the family diagnosed with breast or ovarian cancer plus one or more of the following on the same side of the family:
 - additional relatives with breast or ovarian cancer
 - breast cancer diagnosed before the age of 40
 - bilateral breast cancer
 - breast and ovarian cancer in the same woman
 - Jewish ancestry
 - breast cancer in a male relative.
- One 1° or 2° relative diagnosed with breast cancer at age 45 or younger plus another 1° or 2° relative on the same side of the family with sarcoma (bone/soft tissue) at age 45 or younger.
- Member of a family in which the presence of a high-risk breast cancer gene mutation has been established.
- Women who are at potentially high risk of ovarian cancer.

(Source: Cancer Australia 2010)

What are screening mammograms?

Screening mammograms are low-dose breast x-rays. Screening mammograms are the best way to detect breast cancers when they are very small – even before they can be felt or noticed.

Women who have noticed new breast changes or symptoms are encouraged to discuss these with their doctor.

Having regular screening mammograms is the best way to find breast cancer early, when treatment is likely to be more successful.

Can I still come to BreastScreen Tasmania if I have a family history?

Yes.

BreastScreen Tasmania recommends regular two-yearly screening mammograms for women aged 50-74 years, as research shows the benefit of screening mammography is greatest in this age group. Women aged 40-49 and 75 or over are also welcome to attend.

BreastScreen Tasmania collects family history information at the time of screening. For a small number of women, their family history may mean annual mammograms are recommended.