



# HIGH RISK BREAST HEALTH PROGRAM

*Breast Cancer is the most commonly diagnosed cancer in American women; one in seven women is at risk of developing breast cancer. We can help you understand and manage your risk. This program offers comprehensive risk assessment utilizing computer-generated risk assessment tools, risk reduction counseling, ongoing monitoring for women determined to be at a higher risk of developing breast cancer and genetic counseling.*

The High Risk Breast Health Program at Core Physicians collaborates with your entire physician team as well as Exeter Hospital services as needed. Your referring physician will receive all medical information relevant to your care.

**Our program offers a variety of services such as:**

- Personalized risk assessment based on your risk factors as well as family history
- Clinical breast exam
- A personalized surveillance plan
- Counseling on strategies to prevent and reduce your risk of breast cancer
- Referral to diagnostic procedures such as digital mammography with state of the art computer aided detection system (CAD), ultrasound, MRI, image guided biopsies including MRI

- Genetic counseling and testing by a Massachusetts General Hospital genetic counselor at Exeter Hospital for women with certain risk factors
- Referrals to other appropriate services such as nutrition, gynecology and plastic surgery
- Access to breast cancer prevention clinical trials

**Risk assessment:**

Understand your personal risk factors through risk assessment models. Early detection and accurate diagnosis are important to manage your health effectively. Mammography is not a stand-alone procedure and should be complemented with a clinical breast exam, clinical evaluation of risk, other imaging modalities (e.g. ultrasound, MRI), and in some cases a biopsy.

**Develop strategies to reduce breast cancer:**

Talk with our team members about risk reduction and ongoing surveillance.

**Women who may have increased risk:**

- Advanced age
- Early menarche and/or late menopause
- Ashkenazi Jewish descent and Caucasian
- Increased breast density
- Having had no children or older age at first live birth
- Personal and/or family history of breast or ovarian cancer
- Inherited BRCA1 or BRCA2 gene mutations

- Use or previous use of estrogen and progesterone hormone replacement therapy
- Obesity
- Alcohol consumption >1 drink per day
- Radiation exposure

If you have one or more of these breast cancer risk factors, ask your physician if a referral to the High Risk Breast Health Program is right for you. You are encouraged to check with your health insurance plan to determine coverage for these services.

To learn more visit [corephysicians.org](http://corephysicians.org) or [exeterhospital.com](http://exeterhospital.com). To schedule an appointment call 603-775-7405.



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