

Tel: 01476 593945 and leave a message  
Email: [breastteam.grantham@ulh.nhs.uk](mailto:breastteam.grantham@ulh.nhs.uk)

We hope this leaflet has answered some of your questions. If you require any more advice please contact us on:

01476 593945 and leave a message.

General statements made in this leaflet do not apply in every case, as each patient is an individual. Your doctor will advise you of any specific information.

Breast Cancer Care  
0808 800 6000  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)



Breast cancer now  
08080 100200  
[Www.breastcancernow.org](http://Www.breastcancernow.org)



## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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# Family History Clinic Information

## Low risk



Breast Services

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## Population risk

There is a chance that breast cancer can be familial and therefore you have been seen in the family history clinic to assess your personal risk. There is approximately a 5% chance that there could be a defective gene causing familial breast cancer, however, for 95% of patients their breast cancer is not familial.

The risk of developing breast cancer increases with age and therefore screening programmes are in place to manage this risk.

## Your risk

Following your visit to clinic today and based on the information you have provided, we have been able to calculate your predicted risk as below:

This shows:

Your 10-year risk is  
Your lifetime risk is

We use the following criteria to establish your surveillance schedule. This is:

|                |                   |                        |
|----------------|-------------------|------------------------|
| Low Risk:      | < 3% 10-year risk | < 17% lifetime risk    |
| Moderate Risk: | 3-8% 10-year risk | > 17-30% lifetime risk |
| High Risk      | > 8% 10-year risk | > 30% lifetime risk    |

Therefore based on the above assessment, we would recommend that you follow the **low risk pathway**. This is:

- No further clinical review.
- Mammograms 3 yearly through the National Breast Screening Programme from the age of 50-73.
- Discharge back to your GP.
- Advised to remain breast aware.

We will provide you with information with regard to Breast Awareness and Lifestyle advice.

## What next

Your risk assessment may change if there is a change in your family history. It is therefore important to advise your GP of this and they can refer you back to us. We can then recalculate your predicted risk and advise you if your surveillance pathway should change.

If you notice any breast changes, please contact your GP for an appointment and if necessary, they will refer you to our diagnostic service.

## Further support

There may be local or national support groups that are able to offer you support and you can obtain free leaflets from:

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or  
[www.breastcancernow.org](http://www.breastcancernow.org)

## Clinical trials

There may be clinical trials that are appropriate for you to consider enrolling in. We may contact you with regard to these, however, you are under no obligation to consider these if you do not want to.

## How do I get more information?

When you attend the clinic the benefits and limitations of screening will be explained to you.

If you need further information at another time you can contact Nicky Turner (contact details overleaf).