

The Family History Clinic for breast cancer

Breast Care Centre
Information for patients

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Introduction

You have been invited to attend the Family History Clinic as you may have an increased risk of developing breast cancer due to your family history.

You may have been asked to complete a family history questionnaire in order to help us assess your risk.

Breast cancer risk

Breast cancer is the most common cancer in women in the UK.

If you have a close relative with breast cancer, it does not necessarily mean that you are more likely to develop it yourself. Most breast cancers are not inherited.

Breast cancer risk is usually classed in three groups:

General population risk—the risk is the same as, or very similar to, that of the general population.

Moderate risk—the risk is higher than that of the general population, but it is still more likely that you will **not** develop breast cancer.

High risk—people in this group are more likely to develop breast cancer than those with a moderate risk, but it does **not** mean that they definitely will.

What happens at the clinic?

At the clinic you will see a specialist nurse who will go through your questionnaire (if you have completed one) and your family history in more detail. The nurse will then be able to assess (or confirm) whether or not you have an increased risk and, if so, which risk group you fit into.

Depending on the risk, you will be given tailored information about managing your risk. Those in the high risk group can be referred to a clinical geneticist for further discussion and management. This may include genetic testing.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens at the clinic? (continued)

If you are in the moderate or high risk group you will be offered yearly mammograms based on the National Institute for Health and Care Excellence (NICE) guidelines (June 2013).

The nurse will advise you about breast awareness, and will offer you written information.

What happens next?

If appropriate, we will discuss with you the possibility of taking specific medication, as well as the potential benefits and risks of the medication.

Annual mammograms for those with moderate or high risk are arranged for women from the age of 40. An invitation to have a mammogram will be posted to you. You will not have a mammogram at the Family History Clinic appointment.

Once you have attended this clinic and your breast cancer risk has been assessed, you will not need to come back to this Family History Clinic.

Where can I get further information?

Breast Cancer Now

Telephone: 0808 800 6000

Website: www.breastcancernow.org

National Institute for Health and Care Excellence

Website: www.nice.org.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਸਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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