

## YOUR RESULTS

Now that we have looked at your health and family history, we have a clearer picture of your risk. We want to help you **understand everything that affects your risk**. This will help you make informed decisions about your health and future.

### ✗ FACTORS INCREASING YOUR RISK

- Your personal health history and/or daily habits
- You may not be getting all of your recommended cancer screenings.
- You have a family history of cancer.

### ✓ FACTORS DECREASING YOUR RISK

## WHAT DO THESE RESULTS MEAN?

Your health and family history forms the foundation of your cancer risk, but there are other factors involved. Just as a dripping faucet can eventually fill a swimming pool, several lifestyle and personal risk factors (non-genetic) can build up over time to cause certain types of cancer.

Based on your answers, you have been identified as being at increased risk for hereditary cancer. This means your risk for developing cancer is higher than most other people

Health and family history are not the only factors that affect your cancer risk. Many other risk factors can be managed. Having a poor diet, being overweight, and smoking or drinking too much can all be changed. Your doctor will help you choose the best care plan for you.

## YOUR RISK FACTORS:

### ✗ Personal History

- Biopsy Result: Atypical Hyperplasia

### ✗ Health & Screening History

- You have not been getting mammography screening.
- You have not been getting colon screening.

### ✗ Family History

- Sister had Breast Cancer at age 45
- Mother had Breast Cancer

## RISK MODELS

### Breast Cancer Risk

- BCSC 5 year: 6.18%
- Tyrer-Cuzick 7 Lifetime: 38.39%

## ADDITIONAL COMMENTS

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