

# are you at high risk for breast cancer?

find out now

## prescreening test for breast cancer risk

Are you at high risk for getting breast cancer?

If you are 35 years old or older, please take this quiz:

1. Did you have your first period before age 12?  
 Yes, enter 1 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
2. Did you have your first child after age 30?  
 Yes, enter 1 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
3. Are you childless?  
 Yes, enter 1 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
4. Did/does your mother have breast cancer?  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
5. Do you have any sisters who have had or have breast cancer?  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
6. Do you have any daughters who have had or have breast cancer?  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
7. Have you ever had a breast biopsy?  
(A breast biopsy is when the doctor removes tissue from your breast to test for cancer.)  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
8. Did the doctor ever tell you that one of your biopsies showed a premalignant or precancerous condition?  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_
9. Did the doctor ever tell you that one of your biopsies showed early cancer that has not spread yet?  
 Yes, enter 2 here: \_\_\_\_  No, enter 0 here: \_\_\_\_

*add the numbers in the right-hand column from questions 1 - 9*

If your answers add up to 2 or more, you may be at high risk for developing breast cancer. You should be evaluated further by your doctor. Please talk to your doctor about taking the new Breast Cancer Risk Assessment test. This test consists of several questions and only takes a few minutes. It's an important test that can estimate your chances of getting breast cancer.

If your answers add up to less than 2, for now you may only need to continue with regular breast self-exams, regular mammograms, and regular breast exams conducted by your doctor. Because simply being a woman and getting older put you at risk for breast cancer, be sure to take this quiz again in the future.

**This test is meant for educational purposes only. It is not a substitute for a medical consultation with a qualified health professional.**

Medical Professionals: For more information, please call

**1-800-345-4334**

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Dedicated to the fight against breast cancer for over 30 years.

## more questions you may have

### *are there other possible risk factors for breast cancer you should know about?*

While the relationship between lifestyle factors and breast cancer is not fully understood, research suggests there may be other risk factors that, fortunately, you can control. Eating a diet high in saturated fats, consuming too much alcohol, being overweight, and not exercising are all behaviors that may contribute to breast cancer. While smoking doesn't cause breast cancer, because it can increase the chance of blood clots, heart disease, and other cancers, *all* women are urged not to smoke.

### *if you're at high risk for breast cancer, there is something you can do. . .*

Fortunately, today there are options for women at high risk for breast cancer. Be sure to talk to your doctor about your risks, and bring this brochure to your office visit. Your doctor has ways that may help you reduce your risk of breast cancer. And, remember to continue to do your monthly breast self-exams, go for regular annual checkups, and have mammograms as recommended by your doctor.

### *are you at risk for breast cancer?*

The simple truth is that just being a woman puts you at risk for breast cancer. While it's impossible to know who will get breast cancer and who will not, most cases in the United States can be linked to a handful of known risk factors. Risk factors are those characteristics that can increase your chances of developing breast cancer. Screening for risk factors provides you and your doctor with important information. But risk factors do not work like a scientific crystal ball—they cannot predict your chances of developing breast cancer exactly. Knowing your risk factors will help you and your doctor evaluate

what measures, if any, you should take. *Keep in mind, knowing your risk factors does not replace monthly breast self-exams, regular doctor visits, or regular mammograms.*

### *what are the known risk factors for breast cancer?*

**Age.** The risk of developing breast cancer increases as you get older. Aging is a significant risk factor alone or when combined with others.

**Family history.** Breast cancer often runs in families. Your risk for breast cancer increases by the number of first-degree relatives, such as a mother, sister, or daughter who've had the disease. *However, 80% of all breast cancer occurs in women with no family history.*

**Breast biopsies.** A breast biopsy is when the doctor removes tissue from your breast to test for cancer. Certain types of breast abnormalities increase a woman's risk for later breast cancer. They are DCIS (ductal carcinoma *in situ*), LCIS (lobular carcinoma *in situ*), and atypical hyperplasia.

**Age at first period.** Women who begin menstruating before age 12 have a slightly increased risk of developing breast cancer. It seems that the more monthly cycles a woman has during her lifetime, the more likely she is to get breast cancer.

**Age at first pregnancy.** Women who have their first, full-term pregnancy after age 30 have an increased risk for breast cancer. Having children earlier in life seems to change breast cells in a way that helps protect against cancer later in life.

**Having no children.** Just like beginning your period early, having no children means you are experiencing continuous cycles until menopause and therefore increasing your risk for breast cancer.

### *all women can help protect themselves from breast cancer. . .*

No matter how low or high your risk of developing breast cancer is, be sure you know how to check your breasts for unusual lumps or irregularities, and remember to check every month. If you don't know how, ask your doctor for instructions. Monthly breast self-exams, regular breast exams conducted by your doctor, and regular mammograms are important for all women. *Now with earlier intervention and improved treatments, many women are beating breast cancer.*

Only your doctor knows what's best for you.

Be sure to ask about breast cancer risk and early detection.

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