HOUSTON METHODIST HIGH RISK PROGRAM

For women with a higher-than-average risk for developing breast cancer

HOUSTON METHODIST CANCER CENTER
Texas Medical Center
6445 Main St.
Houston Methodist Outpatient Center, 24th Floor
Houston, TX 77030
713.441.9948

Sugar Land
16655 Southwest Fwy.
Sugar Land, TX 77479
281.276.8989

West Houston-Katy
18400 Katy Fwy.
Medical Office Building 1, Suite 120
Houston, TX 77094
832.522.2873

Willowbrook
18220 State Hwy. 249
Houston, TX 77070
281.797.4425

For more information about the High Risk Program or to schedule a breast cancer risk assessment, call one of our Houston Methodist Cancer Center locations.

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Serving Women at High Risk for Breast Cancer

The average woman in America has a 1 in 8 chance of developing breast cancer during her lifetime. In certain populations, the risk is significantly higher.

A higher-than-average risk of breast cancer commonly involves one or more of the following factors:

• Strong family history of breast or ovarian cancer
• Personal or family history of certain gene mutations
• Personal history of abnormal breast biopsies or of chest radiation

houstonmethodist.org/cancer
About the Genetic Connection

BRCA1, BRCA2, PTEN and TP53 are all genes that appear in any healthy human body. Certain abnormalities in these genes, which can be discovered through genetic testing, have been linked to an increased risk of breast and ovarian cancers.

What to Expect

The first appointment in the High Risk Program usually involves:

• Genetic screening and counseling session
• Comprehensive review of the patient’s medical and family history
• Genetic testing, when appropriate
• Nutrition counseling

Based on the outcome of the review, the patient will leave with a care plan outlining her lifetime risk of developing breast cancer. She will be counseled on more intensive breast screenings, options for reducing her risk of breast cancer and information on clinical studies for risk evaluation and cancer prevention.

Assessing the Risk

Answering “yes” to one or more of the following questions may indicate a higher-than-average risk of developing breast cancer:

• Does the patient or someone in her immediate family, like her mother, sister or daughter, have breast cancer younger than age 50? Or does she have a brother, father or uncle with breast cancer at any age?
• Does the patient have a combination of at least two members on the same side of the family (aunts, uncles, grandparents or first cousins) with breast cancer?
• Does the patient or someone in the family have ovarian cancer?
• Does the patient or someone in the family have a mutation in the BRCA1, BRCA2, PTEN or TP53 gene?
• Has the patient had radiation therapy treatment to the chest for lymphoma?
• Has the patient ever had an abnormal breast biopsy (atypical hyperplasia or lobular carcinoma in situ)?
• Does the patient have Ashkenazi Jewish heritage and have at least one family member with breast or ovarian cancer?

Call a Houston Methodist Cancer Center location for more information or to schedule a breast cancer risk assessment.

High Risk Program at Houston Methodist Cancer Center

The High Risk Program is dedicated to serving the needs of women with a higher-than-average risk of developing breast cancer. Our dedicated team of physicians, nurses, nutritionists, counselors and other professionals offer high-risk patients the following services:

• Comprehensive breast cancer risk assessment
• Regular clinical breast exams
• Nutrition and genetic counseling
• Genetic testing (when appropriate)
• Counseling on intensive surveillance and additional risk reduction through lifestyle changes as well as medications
• Discussion regarding available clinical research studies in risk evaluation and cancer prevention

The High Risk Program at Houston Methodist Cancer Center helps women with an increased risk of developing breast cancer by offering intensive screenings and medications to prevent and reduce the risk of breast cancer.