

Breast Cancer Risk Quiz

from Montclair Breast Center



TYPE OF RISK POINTS SCORE

YOUR PRESENT AGE:

60 or older 15 _____
 50-59 8 _____
 40-49 3 _____
 25-39 1 _____

FAMILY HISTORY OF BREAST CANCER (AGE OF DIAGNOSIS):

Mother (Under 50) 20 _____
 Mother (Over 50) 12 _____
 Sister (Under 50) 20 _____
 Sister (Over 50) 12 _____

More than one of your aunts, cousins
 or grandmothers had breast cancer 5 _____

One aunt, cousin or grandmother
 had breast cancer 3 _____

PERSONAL HISTORY:

You have had a previous breast cancer 25 _____

You have had breast surgery
 showing atypia 15 _____

You have had multiple benign biopsies 4 _____

You have had a benign breast biopsy 3 _____

You have had a previous cancer of
 the ovary or uterus 2 _____

You have dense breast tissue 4 _____

SUBTOTAL – COLUMN 1 _____

TYPE OF RISK POINTS SCORE

CHILDBEARING:

You are 30 years old or older
 and have never had a child 2 _____

You had your first child at
 age 30 or older 2 _____

MENSTRUAL HISTORY:

Menstruation began at 11 years
 of age or younger 2 _____

Menopause occurred at 55 or older 2 _____

Natural menopause occurred
 between age 46-54 1 _____

BODY BUILD:

You are overweight, with extra
 weight carried in the upper body
 (Apple Shape) 2 _____

You are overweight, with extra weight
 carried in your thighs and buttocks
 (Pear Shape) 1 _____

DIET:

You eat a high fat diet
 (fried foods, "deli" meat, cheese) 1 _____

POST-MENOPAUSAL HORMONES:

You are presently taking or have taken
 female estrogen and progesterone
 (PREMPRO®) for more than 5 years 2 _____

You had a natural menopause and
 have taken estrogen and progesterone
 (PREMPRO®) for more than 10 years 3 _____

SUBTOTAL – COLUMN 2 _____

SEE PAGE 2 FOR RESULTS AND RECOMMENDATIONS

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HOW TO SCORE THE QUIZ

Your present risk of developing breast cancer may be estimated by comparing your total score to the chart below. However, this is only an approximate value, and if you develop any symptoms you should consult your doctor immediately.

Subtotal – Column 2 _____

Subtotal – Column 1 _____

TOTAL SCORE

YOUR TOTAL SCORE RISK CATEGORY

- 0–10.....You are at average risk
- 11–19.....Your risk is moderately increased
- 20 & over.....You are at high risk
- Over 30.....You are at the highest risk



Montclair Breast Center

Education · Evaluation · Treatment

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WOMEN AT AVERAGE RISK

Women at average risk need **yearly mammography** starting at age 40 (baseline at age 35), and yearly clinical breast exam.

We advise monthly breast self exam. If your mammogram shows **dense breast tissue** then you should add breast ultrasound to your yearly screening.

3D mammography can also increase the accuracy of your mammogram.

MODERATE INCREASE IN RISK:

See recommendations above. In addition, we recommend a clinical breast exam with a breast specialist, which should include a discussion of breast cancer prevention strategies.

HIGH RISK:

You need all of the above plus a thorough evaluation of your family history and possible genetic testing for the breast cancer genes. The benefits and risks of new drugs to reduce breast cancer risk should be reviewed. Increased surveillance with more frequent breast exams and/or advanced breast imaging tests such as MRI or BSGI should be considered.

HIGHEST RISK:

Women at highest risk for breast cancer usually have a very strong family history of breast and ovarian cancer and can test positive for the breast cancer gene. They need to avail themselves to all risk reduction strategies including considering preventative nipple sparing mastectomy with immediate reconstruction. It is recommended that women with the breast cancer gene also undergo removal of the ovaries and fallopian tubes. These women should be under the care of a surgeon specializing in breast disease, who can oversee an intensive an individualized screening program.