

# KNOW YOUR RISK!

Has your mother,  
father, sister or daughter  
had breast cancer?

**If so, you are at a higher risk for breast cancer.**

Here are two quick steps that every woman can take to further understand her breast cancer risk:

- > Visit **[www.washingtonradiology.com](http://www.washingtonradiology.com)** and calculate your personal lifetime risk for breast cancer using an online risk assessment tool.

Record your personal risk here:

- > **Share your risk results during your next visit with your doctor.** If your lifetime breast cancer risk is 20% or greater, ask your doctor about annual screening for breast cancer with MRI, in addition to mammography.



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[www.washingtonradiology.com](http://www.washingtonradiology.com)

## What are the American Cancer Society (ACS) guidelines for screening with Breast MRI?

In 2007, the ACS published guidelines for the use of MRI to screen for breast cancer. They recommended annual breast MRI, in addition to annual mammography, in women with the following risk factors:

1. A lifetime risk for breast cancer of 20-25% or greater.
2. Those who carry a BRCA1 or BRCA2 gene mutation. Mutation of these genes has been linked to hereditary breast and ovarian cancer.
3. Those who have not undergone genetic testing themselves but who do have a first degree relative with a BRCA1 or BRCA2 mutation. A first degree relative includes your mother, father, aunts and uncles, sisters, brothers and grandparents (mother's or father's side).
4. A history of radiation to the chest between ages 10-30.
5. Those with the very rare syndromes including Li-Fraumeni, Cowden or Bannayan-Riley-Ruvalcaba and their first-degree relatives.

The ACS concluded that there is insufficient evidence to recommend for or against MRI in women with: a lifetime risk for breast cancer of 15-20%; a personal history of breast cancer, including Ductal Carcinoma In Situ (DCIS); a previous diagnosis of Atypical Lobular Hyperplasia (ALH) and/or Lobular Carcinoma In Situ (LCIS); heterogeneously or extremely dense breasts on mammography.

The ACS recommended against screening with breast MRI in women who have a less than 15% lifetime risk for breast cancer.

## WRA Breast MRI Centers

Accredited by the American College of Radiology

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