

KNOW YOUR RISK!

Has your mother,
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:

- **Use an online risk assessment tool and calculate your personal lifetime risk for breast cancer.** There are several easy-to-use models available. Visit the Washington Radiology web-site at www.wrapc.com to access the National Cancer Institute and the Harvard School of Public Health risk models.
- **Discuss your risk for breast cancer with your doctor during your next visit.** 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 and a yearly clinical breast exam.



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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. Those with 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. Those with a history of radiation to the chest between ages 10-30 years.
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 the following women: Those 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 to develop breast cancer.

WRA Breast MRI Centers

Accredited by the American College of Radiology

Washington, DC • University Medical Building

2141 K Street, NW, Suites 100 & 111, Washington, DC 20037
phone 202-785-4674

Northern Virginia • Four Seasons Three

3022 Williams Drive, Suite 104, Fairfax, VA 22031
phone 703-698-8800

Suburban Maryland • Chase Tower

4445 Willard Avenue, Suite 200, Chevy Chase, MD 20815
phone 301-654-4242