



Canadian Cancer Society  
Société canadienne du cancer

# Hereditary Breast Cancer (HBC)

## HEREDITARY BREAST CANCER (HBC)

### RISK TRIAGE

- This risk triage is for women who have never had breast or ovarian cancer.
- This risk triage refers to risk of Hereditary Breast/Ovarian cancer. Women may be at higher risk of breast/ovarian cancer for other reasons.
- High risk implies  $\geq 10\%$  probability of finding a BRCA1 or BRCA2 mutation in the family.

### ASSESSMENT:

- Complete a family cancer history including **any** breast or ovarian cancer in any female or male relative on either side of the family.
  - First degree relatives—parents, siblings, and children.
  - Second degree relatives—aunts, uncles, nieces, nephews and grandparents on **both** sides of the family.
- Use family history to triage women into their Hereditary Breast Cancer risk group.
- Updated the family history and review risk triage on a regular basis.
- Management strategies for each risk group are on the reverse side.

### HIGH RISK FOR HBC

- Relative with a BRCA1 or BRCA2 mutation, **OR**
- 3 relatives on same side of family with breast or ovarian cancer (any age)<sup>1</sup>, **OR**
- two 1<sup>st</sup>/2<sup>nd</sup> degree relatives on same side of family with breast cancer < age 50 or ovarian cancer (any age)<sup>1</sup>, **OR**
- one 1<sup>st</sup>/2<sup>nd</sup> degree relative with breast cancer:
  - < age 35 **OR**
  - in both breasts (first one before age 50) **OR**
  - **breast and ovarian cancer** (any age) **OR**
  - male breast cancer, **OR**
- one 1<sup>st</sup>/2<sup>nd</sup> degree Jewish relative with:
  - breast cancer < age 50 **OR**
  - ovarian cancer (any age)

### MODERATE RISK FOR HBC

- Meets one or more of the following but **none** of the **High Risk Criteria**
- two 1<sup>st</sup>/2<sup>nd</sup> degree relatives on same side of family with breast cancer < age 70 or ovarian cancer (any age)<sup>2</sup>, **OR**
- one 1<sup>st</sup>/2<sup>nd</sup> degree relative with breast cancer age 35-49

### LOW RISK FOR HBC

- Meets **none** of the **High or Moderate Risk Criteria**

Seek clarification from cancer genetics specialist if in doubt regarding risk triage. Criteria for referring women with a **personal** history of breast/ovarian cancer to cancer genetics clinics have been developed.

<sup>1</sup> May be breast cancer only, or ovarian cancer only, or any combination of the two.  
<sup>2</sup> Both with breast cancer, or one with breast cancer age 50-69 and one with ovarian cancer.



## Management of Women at Risk for Hereditary Breast Cancer (HBC)

HBC RISK LEVEL	REFERRAL TO FCC/GC <sup>1</sup>	BREAST SURVEILLANCE			OVARIAN SURVEILLANCE	SURGICAL OPTIONS	CHEMO PREVENTION	LIFESTYLE CHANGES
	Genetic Evaluation	Breast Self-Examination <sup>2</sup>	Clinical Breast Examination	Mammogram	CA-125 Transvaginal Ultrasound	Mastectomy Oophorectomy		Diet, Exercise, ↓ Alcohol
LOW RISK		Discuss	q 1 year Start at age 50	q 2 years Start at age 50				Discuss
MODERATE RISK		Discuss	q 1 year Start at age 40	q 1 year Start at age 40			Discuss enrollment in clinical trials <sup>3</sup>	Discuss
HIGH RISK	offer	Discuss	<b>If agrees to FCC/GC<sup>1</sup> referral:</b> manage as suggested by FCC/GC <b>If declines FCC/GC referral:</b> Discuss with FCC/GC staff or manage as moderate risk				Consider Tamoxifen Discuss enrollment in clinical trials <sup>3</sup>	Discuss
BRCA MUTATION CARRIER	Completed	Discuss				q 6 months Start at age 25	q 1 year Start at age 25-30	q 6 months Start at age 30-35

<sup>1</sup> FCC/GC=Familial Cancer Clinic/Genetics Centre

<sup>2</sup> Breast Self-Examination includes visual examination of both breasts and palpation using finger pads of the middle three fingers.

<sup>3</sup> e.g. STAR: randomized study of Tamoxifen and Raloxifene for post-menopausal women.

For more information about the FCC/GC nearest you, the Canadian centres participating in the STAR trial or references for any of the triage or management guidelines on this sheet, contact the Canadian Cancer Society at 1 888 939-3333. Additional materials can be found at [www.cancer.ca](http://www.cancer.ca) to (go Locations/Ontario).