**ASSESSMENT:**

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

- **MODERATE RISK FOR HBC**
  - Meets one or more of the following but none of the High Risk Criteria
  - two 1st/2nd degree relatives on same side of family with breast cancer < age 70 or ovarian cancer (any age),
  - one 1st/2nd 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.**

1 May be breast cancer only, or ovarian cancer only, or any combination of the two.

2 Both with breast cancer, or one with breast cancer age 50-69 and one with ovarian cancer age 50-69.
<table>
<thead>
<tr>
<th>Level of Risk</th>
<th>Breast Surveillance</th>
<th>Ovarian Surveillance</th>
<th>Genetic Counseling</th>
<th>Lifestyle Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Risk</td>
<td>Every 5 years</td>
<td>Every 2 years</td>
<td>Consider FCC/GC</td>
<td>Exercise, healthy diet, alcohol moderation</td>
</tr>
<tr>
<td>Moderate Risk</td>
<td>Every 2 years</td>
<td>Every 2 years</td>
<td>Consider FCC/GC</td>
<td>Exercise, healthy diet, alcohol moderation</td>
</tr>
<tr>
<td>High Risk</td>
<td>Every 6 months</td>
<td>Every 1 year</td>
<td>Offer FCC/GC referral</td>
<td>Exercise, healthy diet, alcohol moderation</td>
</tr>
</tbody>
</table>

**Overview:**
- **Low Risk:** Surveillance recommended every 5 years, consider genetic counseling, lifestyle changes recommended.
- **Moderate Risk:** Surveillance every 2 years, consider genetic counseling, lifestyle changes recommended.
- **High Risk:** Surveillance every 6 months, offer genetic counseling, lifestyle changes recommended.

**Additional Information:**
- FCC/GC: Familiar Cancer Clinic/Genetics Centre
- BRCA: BRCA carrier
- CA-125: Cancer antigen 125
- Ultrasound: Transvaginal ultrasound
- Tamoxifen: Chemotherapy
- 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).