

# Breast screening with a family history of breast cancer: for doctors

This document includes information about the BreastScreen Victoria family risk assessment tool and recommendations on how to manage clients based on their family history.

Our family history risk assessment tool uses the information clients provide about their personal and family history of breast and ovarian cancer to estimate their personal risk of developing breast cancer.

## BreastScreen Victoria family history guidelines

### Genetics and breast cancer

Breast cancer is the most common cancer among Australian women, affecting about 1 in 7 women. However, most breast cancers occur sporadically, with less than 5% due to the inheritance of a dominant cancer predisposing gene. Approximately 1 in 1,000 women have an inherited mutation in the BRCA1 and BRCA2 genes. This increases the lifetime breast cancer risk to approximately 2 out of 3 women.

### Family history risk assessment

The BreastScreen Victoria family history risk assessment tool uses the information clients provide regarding their family and personal history of breast cancer and ovarian cancer. It estimates against three levels of risk.

Clients assessed as being at an increased risk of developing breast cancer due to their family history are advised of their risk rating and recommended next steps. A copy of this advice is also sent to their doctor, if they provided their doctor's details.

## Family cancer clinics in Victoria

Family cancer clinics provide free and confidential cancer services to people with a family history of cancer. There are family cancer clinics in both metropolitan Melbourne and regional Victoria. Interpreter support is available.

For a full list of family cancer clinics in Victoria, visit: [genetics.edu.au](http://genetics.edu.au)

## Further information

### iPrevent

[petermac.org/iprevent](http://petermac.org/iprevent)

iPrevent is a breast cancer risk assessment and risk management decision support tool. It is designed to facilitate prevention and screening discussions between clients and their doctors.

### Cancer Australia

[canceraustralia.gov.au](http://canceraustralia.gov.au)

### Cancer Council Victoria

[cancervic.org.au](http://cancervic.org.au)

### eviQ

[eviq.org.au](http://eviq.org.au)

## Summary of BreastScreen Victoria family history risk assessment tool and management recommendation

| At or slightly above average risk   | Recommended management  |
|---|---|
| <p><b>More than 95% of the female population</b></p> <ul style="list-style-type: none"> <li>No confirmed family history of breast cancer.</li> <li>One first-degree relative diagnosed with breast cancer at age 50 or older.</li> <li>One second-degree relative diagnosed with breast cancer at any age.</li> <li>Two second-degree relatives on the same side of the family diagnosed with breast cancer at age 50 or older.</li> <li>Two first-degree or second-degree relatives diagnosed with breast cancer, at age 50 or older, but on different sides of the family (ie. one on each side of the family).</li> </ul> <p>As a group, the risk of developing breast cancer up to age 75 is between 1 in 11 and 1 in 8. This risk is no more than 1.5 times the population average.</p>  | <ul style="list-style-type: none"> <li>Clarify risk (use iPrevent).</li> <li>Advise patient to get to know the normal look and feel of their breasts and report any symptoms to doctor.</li> <li>Advise patient to report changes in family history to doctor and BreastScreen Victoria.</li> <li>Discuss modifiable risk factors for breast cancer (see <a href="http://breastcancerriskfactors.gov.au">breastcancerriskfactors.gov.au</a>).</li> </ul> <p><b>Aged between 40 and 50, or over 74</b></p> <ul style="list-style-type: none"> <li>Provide information on breast screening upon request. Free breast screening is available from age 40; however, routine screening is not recommended for these age groups.</li> </ul> <p><b>Aged 50 to 74</b></p> <ul style="list-style-type: none"> <li>Recommend a breast screen every 2 years.</li> </ul>  |
| Moderately increased risk   | Recommended management  |
| <p><b>Less than 4% of the female population</b></p> <ul style="list-style-type: none"> <li>One first-degree relative diagnosed with breast cancer before the age of 50 (without the additional features of the potentially high-risk group – see category 3).</li> <li>Two first-degree relatives, on the same side of the family, diagnosed with breast cancer (without the additional features of the potentially high-risk group – see category 3).</li> <li>Two second-degree relatives, on the same side of the family, diagnosed with breast cancer – at least one before the age of 50 (without the additional features of the potentially high-risk group – see category 3).</li> </ul> <p>As a group, the risk of breast cancer up to age 75 is between 1 in 8 and 1 in 4. This risk is 1.5 to 3 times the population average.</p> | <ul style="list-style-type: none"> <li>Clarify risk (use iPrevent).</li> <li>Advise patient to get to know the normal look and feel of their breasts and report any symptoms to doctor.</li> <li>Advise patient to report changes in family history to doctor and BreastScreen Victoria.</li> <li>Discuss modifiable risk factors for breast cancer (see <a href="http://breastcancerriskfactors.gov.au">breastcancerriskfactors.gov.au</a>).</li> <li>Advise patient that a more precise risk assessment and management plan is available from a family cancer clinic or specialist cancer clinic.</li> </ul> <p><b>Aged 40 to 50</b></p> <ul style="list-style-type: none"> <li>Consider recommending a breast screen every 1 year if patient has relative with breast cancer aged under 50.</li> <li>Consider referral to family cancer clinic or specialist cancer clinic for further assessment and advice.</li> </ul> <p><b>Aged 50 to 74</b></p> <ul style="list-style-type: none"> <li>Recommend a breast screen every 2 years.</li> </ul> <p><b>Aged over 75</b></p> <ul style="list-style-type: none"> <li>Provide information on free breast screening upon request. However, routine screening is not recommended for this age group.</li> </ul>      |
| Potentially high risk   | Recommended management  |
| <p><b>Less than 1% of the female population</b></p> <ul style="list-style-type: none"> <li>Several close relatives with breast and/or ovarian cancer across several generations (for example grandmother, mother and daughter – who are often diagnosed at a young age).</li> <li>Women who are at potentially high risk of, or who have had ovarian cancer.</li> <li>Multiple first and second-degree relatives with breast and/or ovarian cancer diagnosed at a younger age and/or bilaterally.</li> <li>Family history of men with breast cancer.</li> </ul> <p>As a group, the risk of breast cancer up to age 75 is between 1 in 4 and 1 in 2. Risk may be more than 3 times the population average. Individual risk may be higher or lower if genetic test results are known.</p>   | <ul style="list-style-type: none"> <li>Clarify risk (use iPrevent).</li> <li>Advise patient to get to know the normal look and feel of their breasts and report any symptoms to doctor.</li> <li>Discuss modifiable risk factors for breast cancer (see <a href="http://breastcancerriskfactors.gov.au">breastcancerriskfactors.gov.au</a>).</li> <li>Referral to family cancer clinic or specialist cancer clinic for further assessment, possible genetic testing and management plan.</li> <li>Discuss possible risk-reduction strategies such as surgery and medication if appropriate.</li> </ul> <p>Women with a potentially high risk may need additional care that is not part of the BreastScreen Victoria program.</p> <p>If woman prefers to continue screening with BreastScreen Victoria:</p> <p><b>Aged 40 to 59</b></p> <ul style="list-style-type: none"> <li>Recommend a breast screen every 1 year.</li> </ul> <p><b>Aged 60 to 74</b></p> <ul style="list-style-type: none"> <li>Recommend a breast screen every 2 years.</li> </ul> <p><b>Aged over 75</b></p> <ul style="list-style-type: none"> <li>Provide information on free breast screening upon request. However, routine screening is not recommended for this age group.</li> </ul> |

## Please note

The BreastScreen Victoria family history risk assessment tool is based on iPrevent and Cancer Australia. It does not include all risk factors for breast cancer. Other factors may increase or decrease the risk of developing breast cancer. Information in this document is consistent with the RACGP's Guidelines for preventive activities in general practice, 9th edition.

The tool omits other risk factors including:

- The presence of Ashkenazi Jewish ancestry
- A family member diagnosed with bone/soft tissue sarcoma at age 45 or younger
- A relative with a high-risk breast cancer gene mutation

## BreastScreen Victoria advice for Trans and Gender Diverse people

Trans and gender diverse people can have a unique set of factors that may impact their eligibility and breast cancer risk. We recommend speaking to any patients who identify as trans and gender diverse about their personal risk factors to determine whether they should have a breast screen and/or whether additional care is required.

Book at  
**breastscreen.org.au**  
or call **13 20 50**

TTY **13 36 77** if you have hearing  
or speech difficulties



For more information or to change your details,  
visit **breastscreen.org.au** or call **13 20 50**



For interpreter assistance, call **13 14 50**



Translated information:  
**breastscreen.org.au/translations**



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