



North Shore Physicians: About Breast Cancer Prevention & Risk Assessment Clinic. Date: Dec 19, 2011

The recently opened Breast Cancer Prevention & Risk Assessment Clinic is a combined UBC - Women's Health Centre project funded by the Canadian Breast Cancer Foundation. The clinic based at BC Women's Hospital provides women at increased risk of breast cancer the required counseling on how to reduce their breast cancer risk.

Who is it for?

Our target population is a broader group of women at increased risk based on their breast biopsy findings and mammography, and or family history and lifestyle, for whom modifying risk factors is a viable option. Women with a genetic predisposition for cancer [mutation of the BRCA 1 / 2 genes] are already being counseled at a Hereditary Counseling Program at the BC Cancer Agency.

Who is eligible now?

Eligibility at this point in time is based on abnormal breast biopsy [usually identified from mammographic abnormalities, that are identified as high risk factors for future cancer:

1. Atypical Ductal or Lobular Hyperplasia [DIN 1A, 1B] - Based on core & open biopsy
2. Lobular Carcinoma in Situ [LCIS, DIN 1C - LCIS] - Based on core & open biopsy

Who will be eligible in the future?

In the future, women may also be eligible based on other screening mammography abnormalities such as high breast density (>75% density rating). The clinic also expects to see women who are at risk due to other behavioral risk factors, such as obesity, lack of exercise, etc. Considerations are made also for counseling survivors of the first breast cancer.

Why go?

The Clinic is a resource for women who have already taken part in preliminary mammographic screening or diagnostic testing, but have **been identified as being at high risk**. While this program is aimed at overall health, it specifically focuses on interventions related to preventing breast cancer.

What will patients do?

After completing a baseline questionnaire and risk assessment, a medical oncologist and lifestyle counselor will provide personalized recommendations, to consider:

- i. improve lifestyle risk factors, such as weight management, nutrition, physical activity, alcohol consumption, etc.
- ii. targeted preventive therapy with tamoxifen or raloxifen - the first two selective estrogen receptor modulators [SERMS] with evidence-based data supporting their use in the prevention of breast cancer.

Community resources will also be recommended to patients. As a physician, you will receive a report on your patients, with your patient[s] receiving a follow-up questionnaire, to help assess the outcome.

Clinic Team

Dr. Carolyn Gotay is a Professor at the University of British Columbia, a Chair of Canadian Cancer Society Chair in Cancer Primary Prevention and the P.I. of the Clinic.

Dr. Joseph Ragaz, MD, FRCP[C] is a senior Medical Oncologist and a Breast Cancer Specialist, Clinical Professor at University of British Columbia's School of Population and Public Health, and he is serving as the Medical Director of the Clinic.

Ms. Tracey Mager, MSc, RD provides lifestyle counseling.

Ms. Fiona Robertson, Booking and Clinic Information, **phone number:** 604 558-2212
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Sincerely,

Dr. Joseph Ragaz

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