Family history of breast cancer: information for GPs

BreastScreen Victoria

Recommendations and management summary for general practice

This summary outlines BreastScreen Victoria (BSV)'s family history risk assessment tool and a management summary for GPs. ***BSV family history risk assessment tool*** uses the information clients provide on their family history of breast and ovarian cancer. It does not include all risk factors for breast cancer. Other factors may increase or decrease a client's risk of developing breast cancer. It is important clients are aware of this and discuss their possible increased risk of breast cancer further with their GP if concerned. More details on the reverse side.

Summary of BSV family history risk assessment tool and management recommendation

AVERAGE RISK	MODERATELY INCREASED RISK	POTENTIALLY HIGH RISK
Women with one of the following: No family history of breast or ovarian cancer. One first degree relative diagnosed over the age of 50. One or more second degree relatives diagnosed with breast or ovarian cancer.	This group includes women having a first degree female relative diagnosed under 50 with breast cancer or over 50 with bilateral breast cancer. A woman at moderate risk may have several relatives with breast cancer. In these families, although breast cancer may affect people in several generations, they tend to be affected at older ages.	Women at high risk usually have several close relatives with breast cancer, ovarian cancer or both over several generations – for example grandmother, mother and daughter – who are often diagnosed at a young age. This also includes a personal history of ovarian cancer. Multiple first and second degree relatives with breast and/or ovarian cancer diagnosed at a younger age and/or bilaterality. Male breast cancer.
Risk level	**Risk level**	**Risk level**
Risk is similar to other women the same age. Women of this risk level have a **1 in 7** chance of developing breast cancer in their lifetime.	Women of this risk level have between a **1 in 7 and 1 in 4** chance of developing breast cancer in their lifetime.	Women of this risk level have over **1 in 4** chance of developing breast cancer in their lifetime.
Management	**Management**	**Management**
Advise on breast awareness. Advise to report any persistent symptoms of breast disease promptly. Advise to report a change in family history to BreastScreen Victoria. Encourage women from age 50 to attend BSV for two-yearly screening mammograms.	Advise on breast awareness. Advise to report any persistent symptoms of breast disease promptly. Advise to report a change in family history to BreastScreen Victoria. Annual clinical breast examination. Recommend women for annual screening mammograms with BreastScreen Victoria if aged 40-49, and two-yearly screens if aged 50-74 years. If the woman requires a more detailed risk assessment or has other concerns you may consider a referral to an appropriate specialist or Familial Cancer Centre.	Recommend to Familial Cancer Centre for a detailed risk assessment and discussion of management options. It is recommended they see their doctor for a clinical assessment and referral to a specialised clinic. Advise on breast awareness. Advise to report any persistent symptoms of breast disease promptly. If woman prefers to continue screening with BreastScreen Victoria, recommend for annual screening mammograms if aged 40-59, and two-yearly screens if aged 60-74 years.
Screening recommended	**Screening recommended**	**Screening recommended**
50-74 years Screen every 2 years.	**40-49 years** Screen every year. **50-74 years** Screen every 2 years.	**40-59 years** Screen every year. **60-74 years** Screen every 2 years.

Note: The BSV Family History Risk Assessment Tool is based on iPrevent and Cancer Australia (www.canceraustralia.gov.au)

See over

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. Approximately 1 in 1,000 women have an inherited mutation in the BRCA1 and BRCA2 genes. This increases the lifetime risk to between 40% and 80%. However, most breast cancers occur sporadically, with less than 5% attributable to the inheritance of a dominant cancer predisposing gene.

Family history risk assessment

The BSV family history risk assessment tool uses the information clients provide regarding their family history of breast cancer and their family and personal history of ovarian cancer. 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.

Clients with these risk factors will most likely require referral to a Familial Cancer Centre.

The ***BSV family history risk assessment tool*** estimates a client's risk against three levels of risk, as outlined in the table (see over).

Clients assessed as being at increased risk due to their family history information are advised of their risk rating and what they should do next. A copy of this advice is sent to the client's doctor.

Management of clients assessed as increased risk

Clients assessed at potentially high risk are advised to discuss their individual circumstances with their doctor.

Clients assessed as at moderately increased risk are advised to see their doctor if they have any concerns or questions.

As the ***BSV family history risk assessment tool*** does not include all risk factors, GPs may choose to:

- undertake a complete assessment using iPrevent and Cancer Australia. Alternatively clients can be referred to the eviQ guidelines at eviq.org.au
- if appropriate refer the client to a specialist Familial Cancer Centre.

Familial Cancer Centres in Victoria

Family cancer centres provide services from sites in metropolitan Melbourne and regional Victoria. Contact one of the Melbourne Metro centres below for details on regional locations. A visit is free and confidential. Interpreters are available

Austin Health Clinical Genetics Service
Family Cancer Centre
Level 8, Harold Stokes Building, Austin Health Campus
145 Studley Road, Heidelberg VIC 3084
Ph: (03) 9496 3027 Fax: (03) 9496 4385
Email: genetics@austin.org.au
www.austin.org.au/genetics

Parkville Integrated Familial Cancer Centre
Peter MacCallum Cancer Centre
Level 1, 1B Familial Cancer Centre
Victorian Comprehensive Cancer Centre building
305 Grattan Street, Melbourne VIC 3000
Ph: (03) 8559 5322 Fax: (03) 8559 7371
Email: familialcancer@petermac.org
www.petermac.org

The Royal Melbourne Hospital
Level 2, Department of Genomic Medicine and Familial Cancer
300 Grattan Street, Parkville VIC 3050
Ph: (03) 9342 7151 Fax: (03) 9342 4267
Email: familycancer@mh.org.au
www.thermh.org.au/patients-visitors/services-clinics/inherited-diseases/cancer-families

Monash Health Familial Cancer Centre
Monash Medical Centre
Clayton Road, Clayton Vic 3168
Ph: (03) 9594 2009 Fax: (03) 9594 6046
Email: familial.cancer@monashhealth.org.au
https://monashhealth.org/services/genetics-clinic/

Further information

BreastScreen Victoria
breastscreen.org.au/familyhistory or call 13 20 50

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

Cancer Australia
canceraustralia.gov.au

Cancer Council Victoria
cancervic.org.au

EVIQ Cancer Treatments on-line
eviq.org.au (search for cancer genetics, free registration)

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

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**

TTY 13 36 77 if you have hearing or speech difficulties

VICTORIA State Government

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