

ACS Cancer Conference 2025

March 12-14 | Phoenix, AZ

Advocate Health High-Risk Breast Program

*Engagement Within Programs: Working Together to
Improve Care*

ACS Cancer Programs
American College of Surgeons

Disclosures

- No disclosures

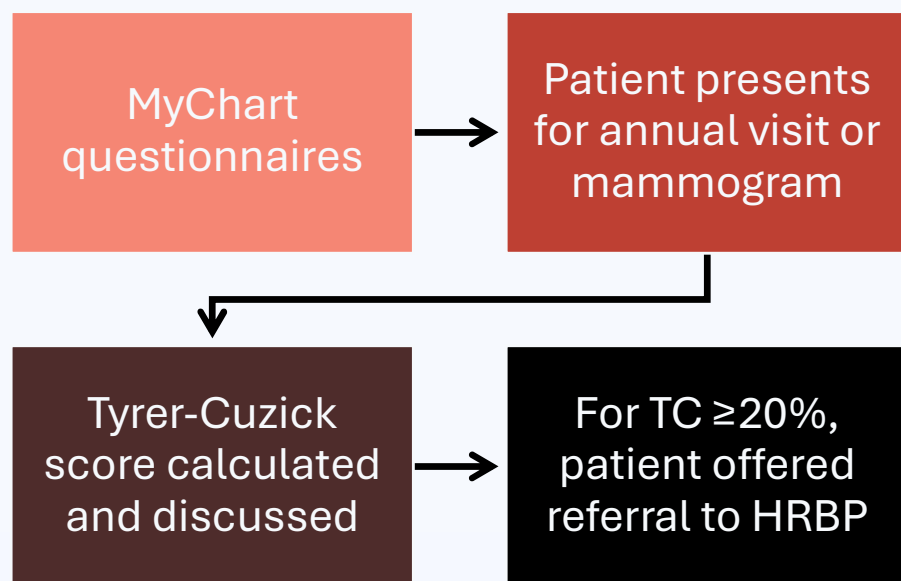
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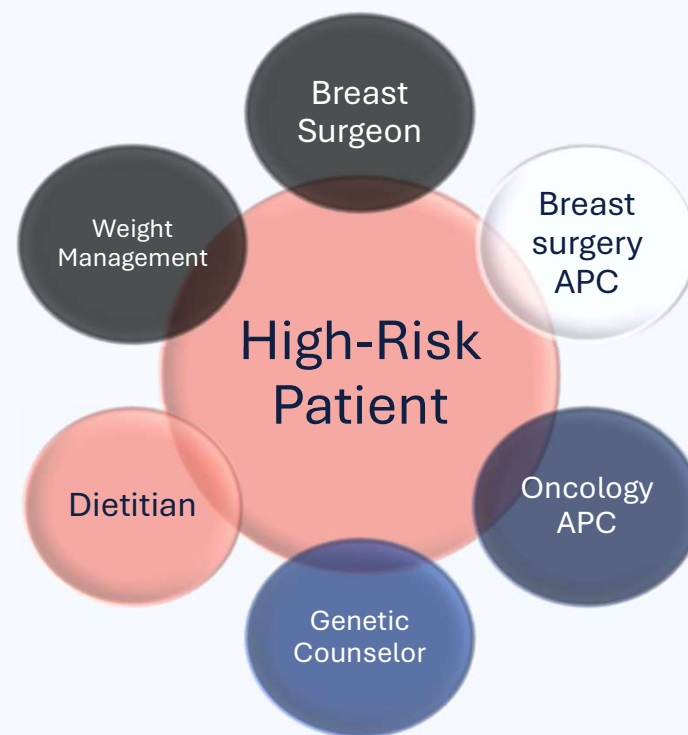
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Screenings & Referrals

Screening Workflow



High-Risk Clinic Model



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Education Materials

Supplemental breast cancer screening tests

A yearly mammogram is an effective and life-saving screening test for breast cancer, allowing experts to spot any potential cancer signs early. However, some individuals may benefit from additional imaging. This includes those who are at high risk for breast cancer and those with dense breast tissue.

At high-risk for breast cancer

There are several factors that can increase your risk for breast cancer. Your personal and family medical history will be reviewed to see if you have any of these risk factors. If you do, you may meet the requirements for additional screening tests.

Dense breast tissue

Based on the amount of dense breast tissue relative to fat in your breast, Dense breast tissue is the amount of dense breast tissue in the breast. The amount of breast tissue you have can only be determined by a mammogram – it is not related to the breast size or firmness. Most women have "dense breasts" and may benefit from further screening. About half of women between ages 40-75 have dense breasts.

OPTIONS FOR PATIENTS AT HIGHER RISK FOR BREAST CANCER (>20% LIFETIME RISK)

High risk surveillance	Modifiable risk factors	Hormone/anti-hormone therapy	Risk-reducing surgery
- Monthly self breast exam - Professional clinical breast exam - At least 6 months apart - Can be done by primary care or high risk breast clinic - Yearly mammogram - MRI doesn't replace annual mammogram - Consider alternating MRI with mammogram every 6 months - Consider genetic testing if suggested by family history	- Approx. 20-37% risk reduction - Maintain a healthy weight (BMI 20-25) 30 minutes of aerobic exercise 3 days per week - Limit alcohol - Women: <1/2 day - Men: <2/3 day - Excessive alcohol consumption increases estrogen. Some studies show the risk for breast cancer is increased by 7%. - Low fat, high fiber diet 75% of each plate plant based, 25% animal based - Limit red meat	- Approx. 40-50% risk reduction - Oral medications that reduce the risk for breast cancer by decreasing the use of estrogen - Tamoxifen, toremifene, exemestane, anastrozole - Side effects differ with different medications, but can include: hot flashes, dizziness, hair thinning, difficulty losing weight, and increase the risk of other cancers like uterine cancer - Available by prescription	- Approx. 90-95% risk reduction - Bilateral mastectomy with or without nipple reconstruction (included in insurance coverage) - Implant - Autologous tissue reconstruction (DIEP flap, FAT flap) - Preoperative MRI suggested - Consultation with plastic surgeon and behavioral health provider - Surgical discussion with breast surgeon

Take Control of Your Breast Health: High-Risk Breast Clinics

There's power in knowing. At Advocate Health Care, we help you use that knowledge to stay on top of your health and live your best life. Our high-risk breast clinics offer information about healthy lifestyle choices, additional screenings, genetic counseling and preventive treatments. If you're at an increased risk of cancer, ask your doctor about our high-risk breast clinics and make a plan to take charge of your breast health.

Your care team

Our high-risk breast clinics' interdisciplinary teams combine the expertise of breast surgeons and breast surgery advanced practice clinicians, oncology advanced practice clinicians, genetic counselors, dietitians and weight management specialists.

Services

Advocate Health Care's high-risk breast clinics offer education and resources to help you monitor your breast health and cancer risk, including:

- Additional screening recommendations, such as MRIs and ultrasounds
- Preventive measures, such as lifestyle modifications (e.g., smoking cessation and dietary changes)
- Risk-reducing options, such as medication or surgery, if indicated
- Further evaluation of genetic risk due to family history of breast cancer, genetic mutations, and breast conditions, such as:
 - Atypical ductal hyperplasia
 - Atypical lobular hyperplasia
 - Ductal carcinoma in situ
 - Lobular carcinoma in situ

Know your risk

Beginning at age 25, we recommend talking to your primary care doctor about your family history of breast cancer. Your doctor will assess your risk for breast cancer and may offer a referral to a high-risk breast clinic or a genetic counselor, if appropriate.

To help you understand your risk of developing breast cancer, your doctor may calculate your Tyrer-Cuzick score. The Tyrer-Cuzick model takes your age, breast health history, family health history, and other factors into consideration to help determine your likelihood of developing breast cancer.

Get started by talking to your doctor

If you're at an increased risk of breast cancer, ask your doctor about a referral to a high-risk breast clinic. To schedule an appointment with your doctor or find a provider, visit advocatehealth.com/primarycare.

Magnetic resonance imaging (MRI) of the breast

Magnetic resonance imaging (MRI) of the breast is an imaging test. It uses strong magnets and radio waves to make pictures of the inside of the breast. It also makes images of the tissues around the breast.

Breast MRI is used to check for problems, such as a leaking breast implant, a lump, or growth. In some cases, such as women with a high risk for breast cancer, a breast MRI may be used along with a mammogram to view breast tissue. It can show kinds of tissue that mammograms can't. It can also be used to guide breast biopsies that can't be done by other methods.

Most MRI tests take 30-60 minutes. Depending on the type of MRI you're having, the test may take longer, so give yourself extra time to check in.

Before your test

- Follow any directions you are given for taking medicines and for not eating or drinking before the test.
- Follow your normal daily routine unless your provider tells you otherwise.
- You'll be asked to remove your watch, hearing aids, credit cards, pens, eyeglasses, and other metal objects.
- You may be asked to remove your makeup. Makeup may contain some metal particles.

What to know

MRI uses strong magnets. Metal is affected by magnets and can move or heat up. A metal object used in MRI can cause metal objects in your body to move or heat up. People with these implants should not have an MRI unless the doctor says it's safe.

Breast Cancer Risk Reduction

- Be physically active and avoid inactivity
- Achieve and maintain a normal body weight
- Eat healthful foods
- Limit or avoid drinking alcohol
- Avoid smoking
- Maintain normal vitamin D3 levels – 1000IU vitamin D3/day (1 tablet)
- Consider risk-reducing medications
- Consider risk-reducing surgery

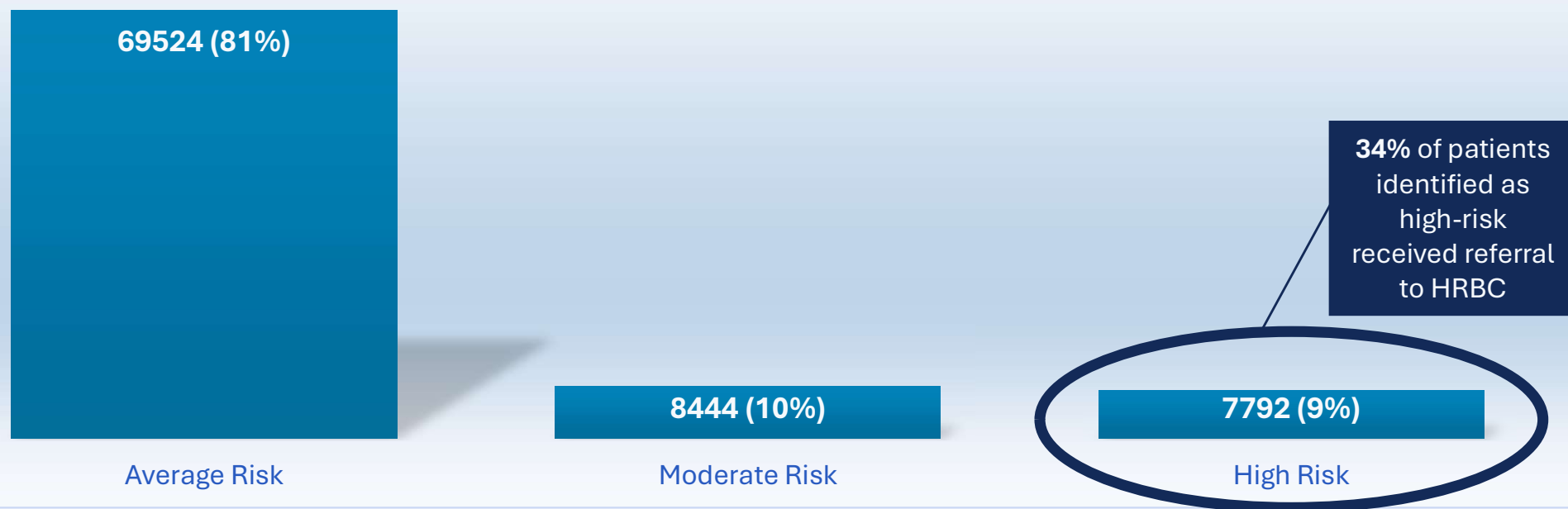
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Screening Data

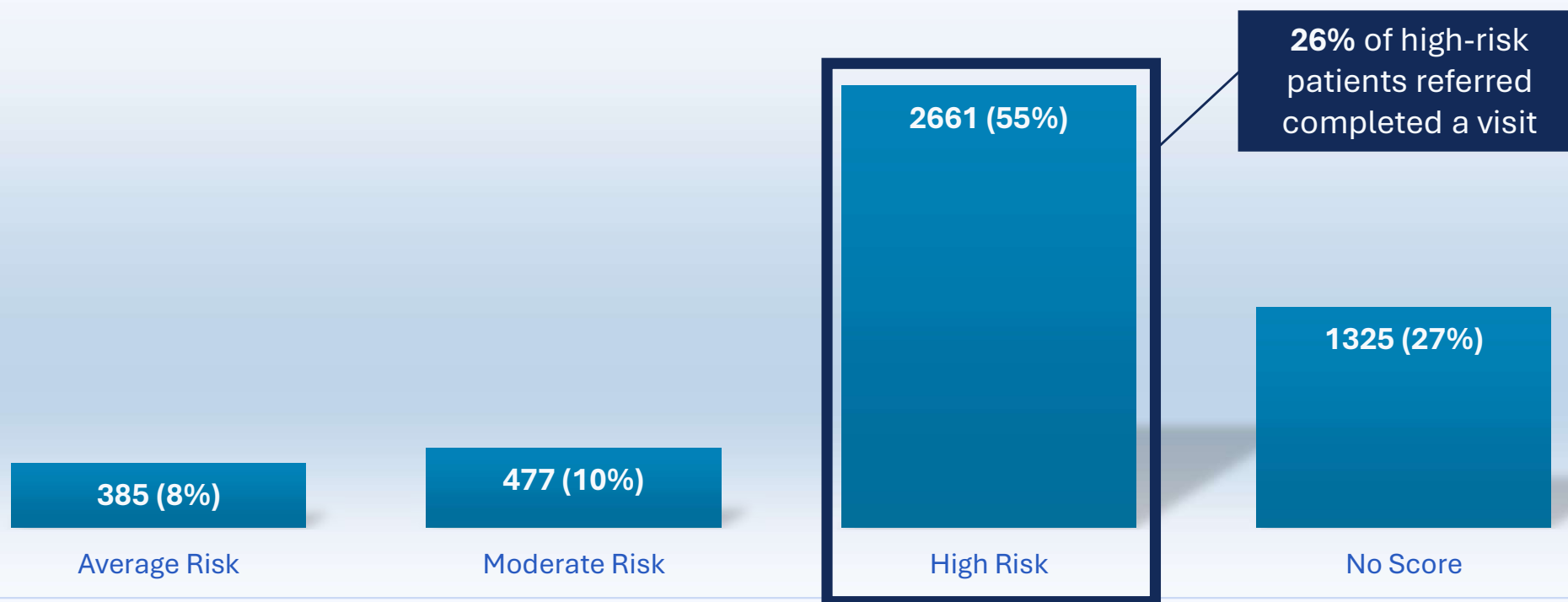
Total Count of Patients Screened by Risk Category



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Referral Data

Total Count of Patients Referred by Risk Category



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Lessons Learned / Future State



Centralized
program



Establish
internal
registry



Continue
screening
program
growth and
expansion of
high-risk
clinics

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