

Breast Cancer Risk Assessment Tool

A breast cancer risk assessment tool can aid in determining if a patient is at increased risk of breast cancer. It can help the health care provider and patient decide when the patient should begin breast cancer screening and how often. A breast cancer risk assessment considers factors such as a patient's personal medical and reproductive history, history of breast cancer among first-degree relatives (mother, sisters, daughters), breast density, and other factors. Breast cancer risk assessment tools include but are not limited to:

- ❖ GAIL "BCRAT": Is good for a 5-year estimate. Includes first degree relative, menopause, menarche, childbearing age, but cannot use with atypia or any other relatives past first degree. Also, cannot be used for women under age 35.
<https://bcrisktool.cancer.gov/>
- ❖ IBIS "Tyrer - Cuzick": Use version 8 which incorporates breast density. This is a family-based model for a lifetime estimate.
<https://ibis.ikonopedia.com/>

Women's Way does not endorse any specific breast cancer risk assessment tool but encourages all health care providers to assess their patients for breast cancer risk.

