Description: Breast cancer is the development of abnormal cells in the breast. These cells grow and replace normal healthy tissue. This cancer affects 1 in 8 women in the United States and can also affect men, though it is less common.

Possible Cause: The exact cause of breast cancer is not known. However, there are certain risk factors that could increase a person's chance to develop the disease. These factors include:

- **Being female:** Women are more likely than men to develop breast cancer.
- **Aging:** The risk of breast cancer increases as you age.
- **Genes:** BRCA1 & BRCA2
- **Family History:** A family history of breast cancer
- **Race and ethnicity:** Being African-American, Asian, Hispanic or Native American
- **Personal factors:** Being overweight, using hormones, never having children or having your first child after the age of 30, physical inactivity, smoking and excessive use of alcohol.

Diagnostic Tests: Women between the ages 20 through 39 should have a clinical breast exam every 3 years. At age 40, women should have a clinical breast exam every year. Women age 50 and older should have a mammogram biennial. Self-breast exams are optional for women starting in their 20s. It is recommended for women at high risk to get an MRI and mammogram annually.

Conversation with Member:

- **General opening such as:** “How are things going with your health? I noticed you have not had a screening for breast cancer. We would like to encourage you to do so; can we further discuss this with you?”
- **Offer information:** “Breast cancer affects 1 in 8 women and is treatable, especially if detected early. Did you know this is the 3rd leading cause of death of women in the United States?”
- **Get more specific:** “It is recommended that you have a clinical breast exam every 2 to 3 years for women between the years 20 and 39 and annually for women at age 40 and older. Women age 50 and older should have a mammogram biennial.”
- **Lifestyle impacts & Medical Tx options:** “We discussed options for exams and tests, now I would like to discuss lifestyle impacts. Women increase their risk as they age, especially after the age of 40. Having a family history of breast cancer, especially with your mother or sister, increases your risk of the disease. Other factors that may affect you include: being overweight, use of hormones, physical inactivity, smoking or excessive use of alcohol. If any risk factors apply, you may want to consider changing your lifestyle. Talk to your Provider to develop a healthy lifestyle plan.”
- **Review the member’s plan of action:** “Based on this information, can we make a plan for you to work with your provider to have a screening or to change your lifestyles?”

National Standard: Priority Gap for HEDIS & Stars

References:

- American Cancer Society or phone 800 227-2345