# **Breast Cancer Screening and Prevention**

Wisconsin Cancer Summit, 2021

Aurora BayCare Medical Center<sup>®</sup>

We are **AdvocateAuroraHealth** 

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### Coming out of a tough time...

- Women coming back in for screening
- This has been a tough time, feeling helpless
- "Afraid I will have cancer"
- We would like to shift focus
  - Check your risk
  - See how you can lower it
  - Focus on outreach and empowerment

## **Outreach to High Risk**

Goal: Identify patients at time of visit

Calculate	Identify	Invite	Educate
Calculate risk at visit  • Eventually, EMR to do  • At Mammo  • At PCP appt	Identify those at High and Moderate risk	Invite to High Risk Clinics	Educate about risk, risk reduction options

## **Planning our Pilot**

We started our pilot before EMR calculation

- Mammo techs do questionnaire
- Breast radiologist did initial screen
- Clinic staff do data entry and calculation
- RN's, Navigator reach out to patients
- Genetic counselors screened charts as needed

Incredibly time consuming, but got us going

### **Calculate Risk**



- Some places already have this in EMR/reports
- Unclear how this number is used
- We are using it for Outreach
- So many questionnaires, need to prioritize
  - For now, calculate only those with Fam h/o breast cancer
  - Eventually: also look at FH of ovarian cancer, pancreatic cancer

# **Identify**

Average risk: 1 in 8 women will get breast ca
 This equals 12% lifetime risk

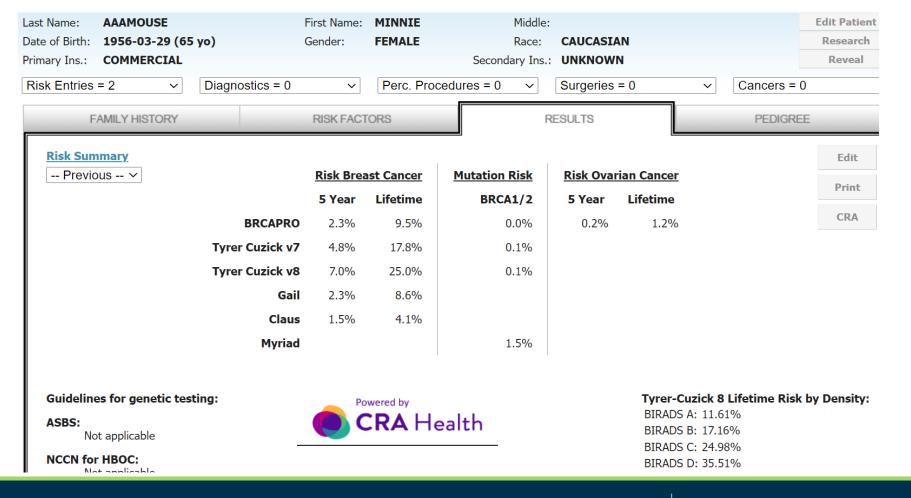
Moderate risk: 15-19% lifetime risk

• High risk: Lifetime risk >20%

Gail model 5 year risk 3%+

Tyrer Cuzick 10 year risk 5%+

### **Example of Calculation**



#### Risk changes over time

FAMILY HISTORY RISK FACTORS RESULTS **Physical Data** Weight (lbs): 230 **Height:** 5 feet 6 inches **BMI:** 37 **Breast Density:** BIRADS C **Ethnicity** Ashkenazi Jewish: No. **Childbirth History** Age at first live birth: 32 **Menstrual History** Age at menarche: 13 Bilateral oophorectomy: No **Menopausal status:** Post Age at oophorectomy: NA Age at menopause: Unknown **Hormone Replacement Therapy HRT usage:** No-Never Number of years taken: NA Hormones: NA Intended duration (years): NA **Biopsies Biopsy Results:** 0 Biopsies with atypia/LCIS: None

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RISK FACTORS

RESULTS

Relationship	Bloodline	Cancers	Genes
Mother	Maternal		<ul><li>BRCA1 (Neg)</li><li>BRCA2 (Neg)</li></ul>
Grandmother	Maternal	• Breast Cancer (age: 60)	
Grandmother	Paternal	Breast Cancer (age: 80)	
Aunt	Paternal	Pancreatic Cancer	

		Risk Breast Cancer		Mutation Risk
		5 Year	Lifetime	BRCA1/2
	BRCAPRO	2.3%	9.5%	0.0%
	Tyrer Cuzick v7	4.8%	17.8%	0.1%
$\longrightarrow$	Tyrer Cuzick v8	7.0%	25.0%	0.1%
	→ Gail	2.3%	8.6%	
	Claus	1.5%	4.1%	
	Myriad			1.5%

The 5- or 10-year risk helps guide chemo-prevention

### **Invite**

### Multi-Disciplinary High Risk Clinic

- Breast Surgery (Doc or APC)
- Medical Oncology (Doc or APC)
- Genetics if appropriate
- Medical Weight Loss referral

#### Breast Center High Risk Clinic

- 1 provider (Doc or APC)
- Discuss all the above, referrals as appropriate



### **Invite**



- Limited Multi-disciplinary appts for now
- Focusing on Lifetime risk >25%
- Risk 20-25% go to Breast Center High Risk
- Moderate risk get letter
  - Inform of risk
  - Educate
  - They can call to make appt if interested

### **Educate and Empower**

#### Moderate Risk patients get letter

- Tells them their risk score
- Lists lifestyle choices to lower risk
- What a clinic appointment would cover
- They can call to make appt if desired

### High Risk patients are offered appointment

- Learn how they can manage and lower their risk
- More details to come with Dr. Luehmann

### **How to Start a Program**

#### Decide Set-up:

- 1 provider (most common) vs Multi-Disciplinary
- Doc or APC

#### Advantages of Multi-disciplinary:

- Minimizes trips in, number of appts
- Multiple providers emphasize lifestyle (weight loss, exercise)
- Patient only sees Genetics if needed
- Patients leave with action plan, blood draw if needed

### **How to Start a Program**

#### **Risk Calculation:**

- EMR calculator most efficient
- Manual calculation: multiple options, happy to discuss

#### Have referral Network Set:

- Medical Oncology if referring that out
- Genetic Counseling
- Medical Weight Loss
- Smoking Cessation

# **Specifics of our Program**

Dr. Natalie Luehmann