

Preventing Breast & Ovarian Cancer

Seattle Cancer Care Alliance is a cancer treatment center that unites doctors from Fred Hutchinson Cancer Research Center, UW Medicine, and Seattle Children's. Our goal, every day, is to turn cancer patients into cancer survivors.

Seattle Cancer Care Alliance

825 Eastlake Ave. E.
P.O. Box 19023
Seattle, WA 98109-1023
(206) 288-SCCA (7222)
(800) 804-8824 Toll free
(206) 288-1025 Fax

www.seattlecca.org

Breast cancer is the second most common cancer among women, after skin cancer. Many factors may increase a woman's risk for developing this disease, and in some cases, ovarian cancer as well. There are also many things that you can do to decrease your risk. At Seattle Cancer Care Alliance (SCCA) we offer women who are at increased risk two specialty clinics, the Reduce Your Risk Clinic and the Breast & Ovarian Cancer Prevention Program, to assess your risk for breast and ovarian cancer, and to provide information on the steps you can take to reduce your risk.

Reduce Your Risk Clinic

Reduce Your Risk is a clinic where we provide an accurate assessment of your individual risk for developing breast cancer. We'll also educate you about what you can do to reduce your risk.

You are a candidate for the **Reduce Your Risk Clinic** if:

- You have had a breast biopsy that showed increased risk of breast cancer, such as atypical hyperplasia (ADH/ALH) or lobular carcinoma in situ (LCIS).
- You have had non-invasive breast cancer (DCIS) that has been treated with surgery, radiation, or both.
- You have high mammographic breast density.
- You had radiation to the chest wall or whole body before the age of 40.
- You have a family history of breast cancer (especially in a first-degree relative, such as your mother, sister, or daughter).

During your visit to the **Reduce Your Risk Clinic**, we will provide you with an individual assessment of your risk of developing breast cancer. You will learn about cancer risk factors and how they affect you. You will learn about which screening tests are right for you, lifestyle and nutrition options you can consider to reduce your risk and maximize your health, chemoprevention options (taking medication to reduce cancer risk), and clinical studies that may help reduce your risk.



Breast & Ovarian Cancer Prevention Program

The **Breast & Ovarian Cancer Prevention Program (BOCPP)** is a specialized program that offers a personalized approach to cancer risk assessment, prevention, and screening to women with a very strong risk for breast cancer or ovarian cancer. You may be at high risk of developing breast or ovarian cancer if:

- You have a strong family history of breast or ovarian cancer, such as
 - » Two or more relatives on the same side of your family with breast or ovarian cancer, especially if the breast cancer was diagnosed before the age of 40
 - » A relative had cancer in both breasts
 - » A relative had both breast and ovarian cancer
 - » Male relatives with breast cancer
- You had an abnormal result on your BRCA1 or BRCA2 genetic test.
- You have Lynch syndrome or another genetic abnormality that is associated with breast cancer, ovarian cancer, or both.

The Prevention Plan

At the **BOCPP**, you'll receive information about hereditary and non-hereditary breast and ovarian cancer risk factors and strategies for risk reduction. A team of breast and ovarian cancer experts, including a medical oncologist, a genetic counselor, a nutritionist, and a gynecologic oncologist, will meet with you and develop a comprehensive, personalized program to try to prevent cancer from occurring and increase the likelihood of detecting it early, if it should occur. This plan may include chemoprevention (taking medicine to prevent cancer), screening by a physical exam, blood tests, and imaging (mammogram, ultrasound, or MRI), risk-reducing surgery, and new technologies and developments. If you are interested, there may be research studies to participate in as well.

What's the difference?

Which clinic you will be seen in depends on your personal history and family cancer history. Our intake staff can help you to determine which clinic is the best fit for your needs.

Clinic Providers

Larissa Korde, MD, MPH

Medical Oncologist, Seattle Cancer Care Alliance
Director, Prevention Center Shared Resource,
Fred Hutchinson Cancer Research Center
Assistant Professor, University of Washington
Dr. Korde is a breast medical oncologist. Her research focuses on breast cancer prevention interventions, particularly in women with a genetic risk of breast cancer, and survivorship issues in young women with breast cancer.

Heidi Trott, ARNP, MSN

Heidi Trott is a nurse practitioner who's care is focused on breast oncology and women's health/primary care. She is an expert in women's health and has nearly 30 years of experience in the United Kingdom and United States. Heidi provides care to breast oncology patients, breast cancer survivors, and women at high risk for breast cancer.

Elizabeth Swisher, MD

Professor, Gynecologic Oncology, Adjunct
Professor Division of Medical Genetics, University
of Washington
Director, Breast and Ovarian Cancer Prevention
Program, UW Medical Center/Seattle Cancer
Care Alliance
Dr. Swisher is a gynecology oncologist. Her research focuses on inherited risk of gynecologic cancers, ovarian cancer prevention, and the role of genetic alterations in ovarian cancer in responsiveness to treatment.

Barbara Stulken Norquist, MD

Assistant Professor, Obstetrics and Gynecology,
University of Washington
Dr. Norquist is a gynecologic oncologist. Her research focuses on inherited mutations that increase the risk of ovarian cancer. She performs risk-reducing surgery for ovarian cancer risk, most often using minimally invasive techniques such as laparoscopic and robotic surgery.

Contact Us

To make an appointment, contact:

Phone: (206) 288-7222 (SCCA)

Fax: (206) 288-1025

Read more about the Reduce Your Risk and BOCPP clinics at www.seattlecca.org/breast-ovarian-cancer-prevention-program.cfm.