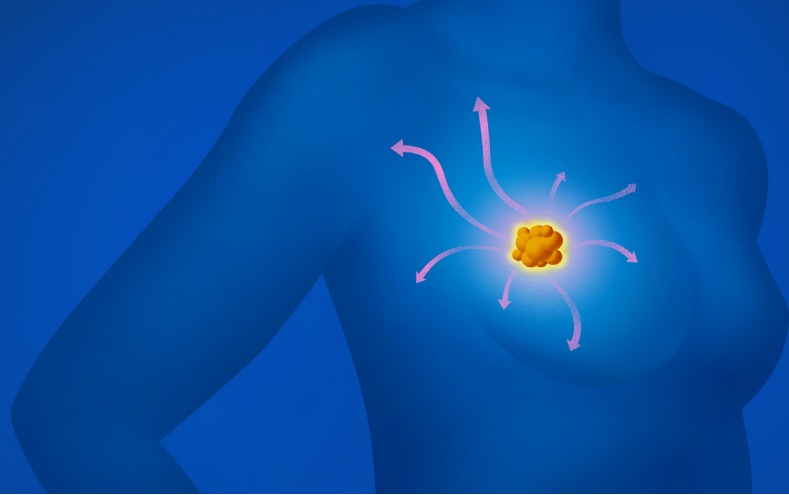


CANCER WELLNESS PROGRAM FACT SHEET

BREAST CANCER

What you need to know.



What

1 in 8 women will develop breast cancer (men can develop breast cancer too).

Why

Screening and early diagnosis **improves survival**.

How

Breast cancer screening, including mammography, is **very effective** and now **recommended earlier!**

When

Screening can **start as early as 40**, and earlier if there is a family history.

Source: American Cancer Society and National Cancer Institute

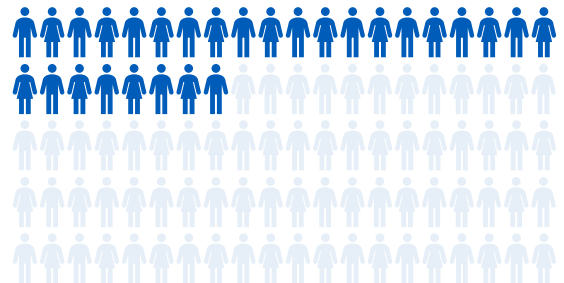
Catching Breast Cancer Early Saves Lives

99% 5-year survival rate for people diagnosed with local, **early-stage** breast cancer.



28% 5-year survival rate for people diagnosed with **late-stage** breast cancer.

VS



Source: American Society of Clinical Oncologists

Signs and Symptoms of Breast Cancer

- Lump/knot in breast or under arm.
- Change in size or shape of breast.
- Sudden, unexplained nipple discharge.
- Sore, irritated areas of skin or nipple.
- Warm, red, swelling, rash like an orange peel.
- Pain that won't go away.

Note: When these symptoms last a while, like a few weeks, or become worse, see your doctor.

Source: American Cancer Society
American Society of Clinical Oncologists and American Cancer Society

Genetics in Breast Cancer

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with breast cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- About 10% breast cancer is inherited, meaning DNA changes are passed through families.
- Ask about your family history and talk to your doctor about risk for inherited breast cancer.

Source: American Society of Clinical Oncologists and American Cancer Society

CANCER WELLNESS PROGRAM FACT SHEET

BREAST CANCER

What can you do?

Be Proactive

Pay attention and be proactive about your health.


Screen

If you are of age, get all the screening your doctor recommends.


Test

If you have cancer diagnosed, ask if all genetic biomarkers have been tested.

SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

Questions to consider asking your doctor

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genetic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn't receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?
- What is my type and stage of cancer?
- What are the treatments available for my type and stage of cancer?
- What is my prognosis?

Have questions?

Contact us at cancer@guardanthealth.com

For more information visit:

American Cancer Society at [Cancer.org](https://www.cancer.org)
 American Society of Clinical Oncologists at [Cancer.net](https://www.asco.org)