



METHODIST RICHARDSON  
MEDICAL CENTER  
**HIGH-RISK BREAST SURVEILLANCE CLINIC**



## Your personal breast cancer risk assessment

During each digital screening mammogram, we perform a personal risk evaluation that assesses your lifetime risk for developing breast cancer.

## High-Risk Breast Surveillance Clinic

The High-Risk Breast Surveillance Clinic at Methodist Richardson Medical Center specializes in monitoring and treating women who are at an increased risk for breast cancer. If you choose to participate in the clinic, you will undergo a comprehensive physical and family history assessment to identify your personal risk factors. Using a patient-centered, multidisciplinary team approach to your care, we will then develop an individualized plan to closely monitor your breast health and help you make informed decisions regarding possible treatments.

### Services include:

- Breast health education
- Clinical breast exam
- Additional imaging studies
- Breast MRI
- Genetic counseling and testing
- Preventive therapies
- Clinical trials
- Nutrition counseling
- Cessation services
- Prophylactic surgery or surgical intervention
- Chemoprevention

### What does “high risk” mean?

If you are assessed as having a high risk for breast cancer, it does not mean that you will develop the disease. “High risk” indicates that your chance of developing breast cancer is greater than average. Knowing your risk factors and whether you are at a higher-than-average risk can help you make proactive decisions about your health care. Prevention, screening, and early detection are your best weapons against this disease.

### Who is at risk for breast cancer?

The presence of certain conditions can increase the likelihood that you may develop breast cancer in your lifetime, and these conditions are called “risk factors.” Being female and getting older are two of the biggest risk factors for the disease. While these are obviously things that you cannot control, some risk factors can be reduced or eliminated. The specialists at the High-Risk Breast Surveillance Clinic will determine which risk factors you can control and show you how.

### Protecting yourself against breast cancer

It is important to remember that all women — with or without risk factors — need to follow recommended screening guidelines. If you notice any changes in your breasts, such as lumps or bumps, skin discoloration, dimpling of the skin, nipple discharge, or a nipple inversion, it is important to be examined by a health care provider — even if your recent mammogram was negative. Call your primary care physician or the High-Risk Breast Surveillance Clinic if you have any of these symptoms.

To learn more about the High-Risk Breast Surveillance Clinic, visit [RichardsonBreastSurgeons.com](http://RichardsonBreastSurgeons.com) or call 469-204-6230 to schedule an appointment.

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\*Methodist Richardson Breast Surgeons is a specialist office. Typical office co-pay or deductible will apply at time of service.

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff including those at the High-Risk Breast Surveillance Clinic are independent practitioners who are not employees or agents of Methodist Health System, Methodist Richardson Medical Center, or any affiliated hospital.

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