Know Your Risk

Learning Objectives
After your discussion, the listeners or audience should be able to:
• Name the two most common risk factors for breast cancer,
• Name the two personal actions for knowing your risk,
• Take a personal action to talk with both sides of their family about family health history,
• Take a personal action to talk with their health care provider about their personal risk of breast cancer, and
• Take a personal action to share the information they have learned with a friend or family member.

Primary Talking Points for This Key Message
1. All women are at risk of breast cancer.
2. Simply being a woman and getting older are the two most common risk factors.
3. Some people have more risk factors that increase their risk of breast cancer than others. It is important to know your personal risk of breast cancer and talk with your health care provider about your personal risk.

<table>
<thead>
<tr>
<th>Talking Points for Men</th>
<th>Talking Points for Older and Younger Women</th>
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<tbody>
<tr>
<td>• Breast cancer impacts men as well as women. Men often have women in their lives — mothers, aunts, sisters, or partners. Men can play an important role in supporting women in their lives to know their risk, get screened, know what is normal for them and make healthy lifestyle choices.</td>
<td>• Women of any age are at risk of breast cancer.</td>
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<td>• Breast cancer in men is rare, but it can happen.</td>
<td>• Although it is not as common, women in their 20s and 30s can develop breast cancer.</td>
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<td>• Share your family health history with your children.</td>
<td>• It is important for you to be informed about your personal risk of breast cancer and talk with your health care provider about it.</td>
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<td>• Encourage women in your life to understand their risk.</td>
<td>• Older women should share any information they have about their healthy history with younger members of their family.</td>
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<td>Actions Listeners/Audience Can Take Related to the Breast Self-Awareness Key Message</td>
<td>Additional Talking Points for Each Action</td>
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| Talk to both sides of your family about your family health history. | • This history from both your mother’s and your father’s side of the family can be valuable — genetic mutations can be passed along from either parent.  
• Sometimes families are private and quiet about their health histories, especially between generations and particularly when the family members are men. But, knowing this family history can be helpful in understanding your own risk of breast cancer.  
• While it is true that we don’t know what causes cancer, we know that having a family history of breast or ovarian cancer may increase your risk of breast cancer.  
• It is important to remember that most breast cancer in the U.S. occurs in women with no family history of the disease.  
**For older women:**  
• Talk with your family to learn more about your family health history, and pass that information along to other family members. |
| Talk to your doctor about your own personal risk of breast cancer. | Talking with your doctor about what you have learned about your family history can help him/her know how to advise you regarding your own risk and screening practices that may be right for you.  
• There are assessment tools and tests that can be used to help evaluate your risk of breast cancer and guide your health care provider’s recommendations for your actions. If your family history suggests the presence of a gene mutation in your family, genetic counseling and genetic testing might be an option.  
• Your doctor will ask you questions about your own health and history, such as your age when you started having periods or had your first child.  
• Talk with your doctor about any medical conditions or other risk factors that might increase your personal risk of breast cancer. |
**Educational Materials You Can Use**
- Breast Self-Awareness Messages in English/Spanish
- Breast Health: Learn the Facts bilingual booklet
- Mammography card in English/Spanish
- Men Can Get Breast Cancer tri-fold brochure in English/Spanish
- Take Care of Yourself — Young Women Talk About Breast Cancer tri-fold brochure in English/Spanish
- Breast Self-Awareness for Hispanic/Latino Communities presentation:
  SHORT in English/Spanish
  LONG in English/Spanish

**Questions You Can Ask Your Listener/Audience to Evaluate Your Success**
1. Did you learn anything about breast health today that you did not know before? Please select only one answer.
   - Yes
   - No
   - Not sure

2. Will you share the breast health information you received today with a family member or friend? Please select only one answer.
   - Yes
   - No
   - Not sure

3. What are the two most common risk factors for breast cancer?
   1. 
   2. 