## Patient has heterogeneously dense or extremely dense breasts and has other risk factors



My patient has "heterogeneously dense" or "extremely dense" breasts and she also has other risk factors. She has completed a risk assessment showing her overall risk to be high (e.g., calculated >20 percent lifetime risk or >5 percent 10-year risk).

I recommended an annual MRI, but the patient has claustrophobia, pacemaker, contrast allergy, limited insurance coverage plan or other reasons why she does not want to have an MRI.

Recommend the addition of tomosynthesis to her routine mammogram and/or screening ultrasound as supplementary screening tests for high-risk women. Studies have shown some utility for ultrasound in high-risk women if screening MRI is not performed. Because of the patient's high risk, she would likely benefit from a breast cancer risk assessment. This could be performed by a physician with experience in breast cancer risk model selection and interpretation. This is available at the Center for Breast Cancer Prevention (216-844-BRST) at UH Cleveland Medical Center, UH St. John Medical Center and UH Chagrin Highlands Health Center.

