

# The Nurse-Led Family History clinic for breast cancer

Breast Care Centre

Leaflet Number:767 Version 3

Information for Patients

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## Introduction

You have been referred to the family history Clinic as you may have an increased risk of developing breast cancer due to your family history.

You may have been asked to complete a family history questionnaire in order to help us assess your risk.

## Breast cancer risk

Breast cancer is the most common cancer in women in the UK.

If you have a close relative with breast cancer, it does not necessarily mean that you are more likely to develop it yourself. Most breast cancers are not inherited.

Breast cancer risk is usually classed in three groups:

**General population risk**—the risk is the same as, or very similar to, that of the general population.

**Moderate risk**— the risk is higher than that of the general population, but it is still more likely that you will **not** develop breast cancer.

**High risk**— people in this group are more likely to develop breast cancer than those with a moderate risk, but it does **not** mean that they definitely will.

## What happens at the clinic?

The appointment is usually a telephone consultation with a specialist nurse who will go through your questionnaire (if you have completed one) and your family history in more detail. The nurse will then be able to assess (or confirm) whether or not you have an increased risk and, if so, which risk group you fit into.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

Depending on the risk, you will be given tailored information about managing your risk. Those in the high risk group or those with complex family history can be referred to a clinical geneticist for further discussion and management. This may include genetic testing.

If you have are in the moderate or high risk group you will be offered yearly mammograms based on the National Institute for Health and Care Excellence (NICE) guidelines.

The nurse will advise you about breast awareness, lifestyle changes and will offer you written information.

If appropriate, we will discuss with you the possibility of taking specific medication, as well as the potential benefits and risks of the medication.

## What happens next?

Annual mammograms for those with moderate or high risk are arranged for women from the age of 40. An invitation to have a mammogram will be posted to you.

Once your breast cancer risk has been assessed, you will be discharged from the Family History Clinic.

Should your family history change in the future, you can be referred back to the family history clinic for further assessment.

## Where can I get further information?

### Breast Cancer Now

Telephone: 0808 800 6000

Website: [www.breastcancer.org](http://www.breastcancer.org)

### National Institute for Health and Care Excellence

Website: [www.nice.org.uk](http://www.nice.org.uk)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)