



Outreach of the Month: Focus on Mammograms

Information for Your Patients

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In This Issue

- **Gaps in Care**
Outreach topic of the month:
Mammogram/ Flu Vaccines

- **Follow the Link:**

<https://www.facebook.com/uopllc/>

<http://uopdocs.com/page.php?id=33>

Helpful links:

<http://www.nationalbreastcancer.org/early-detection-of-breast-cancer>

<http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors>

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Increased Risk Factors for Breast Cancer:

- Females with personal or family history of breast cancer;
- Females who had their first child after the age of 30 or who have never given birth;
- The older a female gets, the higher their risk gets for breast cancer;
- Females who had an early first menstrual period or late menopause.

Certain Inherited Genes:

About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects passed on from a parent.

BRCA1 and BRCA2: The most common cause of hereditary breast cancer is an inherited mutation in the BRCA1 and BRCA2 genes. In normal cells, these genes help prevent cancer by making proteins that help keep the cells from growing abnormally. Mutated versions of these genes cannot stop abnormal growth, and that can lead to cancer.

- If you have inherited a mutated copy of either gene from a parent, you have a higher risk of breast cancer.
- In some families with *BRCA1* mutations the lifetime risk of breast cancer is as high as 80%, but on average this risk seems to be in the range of 55% to 65%. For *BRCA2* mutations the risk is lower, around 45%.
- Breast cancers linked to these mutations are more often found in younger women and more often in both breasts than cancers not linked to these mutations. Women with these inherited mutations also have a higher risk of developing other cancers, mainly ovarian cancer.

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