

How Wisdom Works: Video Transcript

Knowing how often to get a mammogram can be really confusing. That's why scientists and doctors designed The Wisdom Study.

We need your help. We'd like you to consider joining a clinical study to test which approach to women's breast screening is better. It's simple: we want to find out if all women need to get a mammogram every year, or if it's better to personalize how often women should be screened based on their individual risk.

Here's how it works:

There are two groups of women in the study—the **Annual Screening Group** and the **Personalized Screening Group**. Keep in mind you receive good care regardless of which group you are in, and no study participant is advised to be screened less frequently than the current recommended guidelines of the U.S. Preventive Services Task Force.

If you decide to participate in the study and are in the Annual Group, you are asked to get a mammogram every year starting at age 40. This has been the standard for the past thirty years and is the guideline recommended by some professional organizations.

If you're in the Personalized Group, you are assigned your own personal screening schedule, based on your medical history, family health history, lifestyle, and genes. Some women in this group are advised to get a mammogram every year, some more frequently, and some less frequently.

Women at higher risk for breast cancer in either study group may be offered additional services with our Athena Breast Health Specialist.

If you decide to participate in the study, you're asked if it's okay if we **randomly assign** you to a group. That means you're assigned to one of these two groups purely by chance, like the flip of a coin. That's the best way to answer a scientific question like this without any bias.

We know that some women may not feel comfortable having the choice made for them. So those women can choose which group they want to be part of—either Annual or Personalized.

Here's how to get started:

Carefully read the Informed Consent and consider the information in it. If you decide to participate in the study, simply complete your registration, a brief health Questionnaire, and agree to be randomized, or select your group.

Next, complete the **Consent and Authorization Form**. This lets your doctors know about your participation, and allows study personnel to access your medical records, get your mammogram results, and check on your health in the future.

If you're in the Annual Group, that's all you need to do to join the Wisdom Study.

If you're in the Personalized Group, you receive a saliva kit in the mail from our study partner, Color Genomics. Simply activate your kit online, collect your saliva, and mail it back. That's all it takes to get enrolled.

About six weeks later, you can view your saliva test kit results in the secure part of the Wisdom website. We send you an email to let you know when your results are ready for you to review.

For both groups, this is also where we send your **mammogram screening recommendation**, and you can always login here to see your study progress and review your documents.

Here's what to expect along the way:

The main study lasts 5 years; participation is easy and can mostly be done from home. There are no study visits, doctor's appointments, or additional lab tests.

Every year we send you a questionnaire to check on your health and to update your personal and family history. When you're due for your mammogram, we send you a reminder email.

With your participation, we hope to answer important questions and end the confusion about how often to get a mammogram. We hope you choose to be one of the 100,000 women who will help us find a better way forward, and improve screening guidelines for you, your friends, sisters, daughters, and future generations of women.

Please join us today!