

# NAVIGATING THE BREAST HEALTH DECISIONS (BHD) TOOL

The WISDOM Study's Breast Health Decisions (BHD) tool is an online, personalized education aid available to some women in the study. Scroll through the pages to learn about your personal risk for breast cancer and risk-reducing strategies!

## My Study Portal

You can access the BHD tool under "Quick Links" in your WISDOM Study Portal!

BHD Tool  
You are in the Personalized Group

**QUICK LINKS**

- [My Current Screening Plan](#)
- [My Genetic Testing Results](#)
- [NEW: Breast Health Decisions Tool](#)**
- [Upload New Mammogram Report](#)
- [Update My Personal Profile](#)

### NEXT STEPS

Your WISDOM Study breast screening plan is available in the quick links. Please proceed by following this plan.

**Your next step will launch in 8 seconds.**

### MY DOCUMENTS

> Study Year 1 (current year)

**Changes in breast health?**  
Please contact your primary care physician and your [WISDOM Study Coordinator](#) if you have had any changes since joining.

## My Risk Snapshot



The My Risk Snapshot page provides you with an overview of the risk factors involved in your WISDOM Screening recommendation.

This information comes from your patient profile and your answers to your last Breast Health Questionnaire. Please check your WISDOM portal to make sure you have completed your breast health questionnaires.

My age	59
My race	White
My family history of breast cancer in a first degree relative	Yes
My breast biopsy history	Atypical ductal hyperplasia (also called atypia)
My breast density	Heterogeneously dense
My history of risk-reducing medication	None

These calculations are based on your genomics report and your patient profile

Breast Cancer Surveillance Consortium (BCSC) 5-year risk score	3.63%
Polygenic risk score (PRS)	0.93
My personalized risk of developing breast cancer in the next 5 years	3.39%
Your screening plan	Two Years

### Understanding the risk factors

**What is a polygenic risk score?**  
Polygenic risk score is a number based on changes in a person's genes. Scientists and researchers calculate these scores by adding up the impact of many small genetic changes (or "variants").

**Why does my polygenic risk score matter?**  
Scientists have found that these small changes in DNA (called SNPs) can impact breast cancer risk. Combining PRS with other risk factors (such as those included in the BCSC risk calculator) helps to better define your risk.

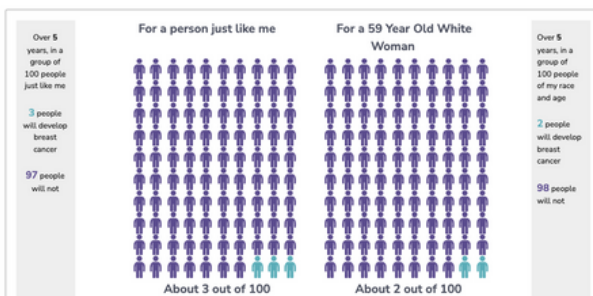
**What does my polygenic risk score mean?**  
PRS < 1 Your polygenic risk of breast cancer is less than average.  
PRS = 1 Your polygenic risk of breast cancer is average.  
PRS > 1 Your polygenic risk of breast cancer is greater than average.

[Learn more →](#)

## Putting Risk in Perspective

5 Year 10 Year Lifetime Summary

This is your risk of getting breast cancer within 5 years, compared to an average woman of your age and race. Please remember your risk of breast cancer may change over time.



## My Screening Plan: Two Years

**What is personalized screening?** The WISDOM Study personalized risk score combines your chance of developing breast cancer based on the Breast Cancer Surveillance Consortium (BCSC) 5-year risk score with your Polygenic Risk Score (PRS). The WISDOM Study may recommend you screen according to one of the following personalized screening plans:

- at the age of XX**  
If you are under the age of 50, you may be recommended to get your mammogram at a certain age.
- 2 YEARS**  
If you are at low risk for breast cancer, you may be recommended to get a mammogram every 2 years.
- EVERY YEAR**  
If you are at moderate risk for breast cancer, you may be recommended to get a mammogram every year.
- SIX MONTH**  
If you are at a greater risk for breast cancer, you may be recommended to get a mammogram and an MRI alternating every 6 months.
- STOP SCREEN**  
If the risk of mammograms outweighs the benefits, you may be recommended to stop screening.

### My Screening Plan: Two Years

All recommendations are clinically approved and constantly reviewed by a wide panel of experts to make sure they are safe. Every year, we ask you to complete questionnaires to make sure that your recommendation is up-to-date. Your recommendation may change if your risk for breast cancer changes, or it may stay the same.

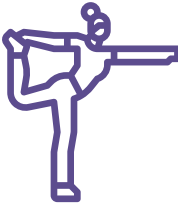
Compare your 5-year, 10-year, and lifetime risk for breast cancer to that of other women your race and age on the Putting Risk in Perspective Page and learn more about our different screening recommendations on the My Screening Plan page.

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Depending on your risk for breast cancer, some women may be recommended to consider endocrine risk-reducing medication. There are also other healthy ways to lower your risk for breast cancer such as exercising and limiting alcohol consumption.

Learn what is recommended for you on the Risk Reducing Strategies and What Changes My Risk Pages. Always talk to your doctor before starting any medications.



## Risk Reducing Strategies

Medication Lifestyle

A number of clinical trials have found that certain medications can reduce a high-risk women's chance of developing breast cancer. These medications are called endocrine risk reducing medications. These medications are recommended to be taken as a tablet daily for five years. To learn more about possible side effects of these medications, please click "Learn more" below. Please discuss the risks and benefits of taking these medications with your doctor.



### Tamoxifen

If you take Tamoxifen for 5 years, your personal risk of developing breast cancer will decrease from about 4 in 100 people to about 2 in 100. It works better for women who have not reached menopause. [Learn more →](#)



### Raloxifene

If you take Raloxifene for 5 years, your personal risk of developing breast cancer will decrease from about 4 in 100



### Lower Alcohol Consumption

One less drink can reduce your risk. [Learn more →](#)



### Lower Body Mass Index

What can your height and weight tell you about your risk? [Learn more →](#)



### Exercise

Exercise improves your overall health. It also reduces your cancer risk. [Learn more →](#)



### Stop Smoking

Smoking tobacco may increase the risk of breast cancer for some women. [Learn more →](#)



At the end of the BHD tool, you'll find a PDF summary of the tool and WISDOM recommendations.

*We strongly recommend you share this report with your physician!*

It is important to have frequent conversations with your physician about your breast health.

## BREAST CANCER RISK AND BREAST HEALTH DECISIONS (BHD) TOOL COMBINED SUMMARY REPORT

### We recommend sharing this report with your physician

The WISDOM Study aims to find the safest and most effective way to screen women for breast cancer based on individual risk factors. You provided a saliva sample which was analyzed for mutations in 9 genes including ATM, BRCA1, BRCA2, CDH1, CHEK2, PALB2, PTEN, STK11 and TP53 along with many small genetic alterations called single nucleotide polymorphisms (SNPs). **Your genetic testing was negative** for mutations in the high or moderate risk genes ATM, BRCA1, BRCA2, CDH1, CHEK2, PALB2, PTEN, STK11 and TP53.

The [Breast Cancer Surveillance Consortium \(BCSC\)](#) Model estimates a woman's risk of getting breast cancer in 5 years. The BCSC risk calculator was developed in the Mayo Mammography Health Study and validated among over 1 million women. Your 5-year risk score was based on:

- Your age
- Your race/ethnicity
- Family history of breast cancer: Yes
- Breast biopsy history: Atypical ductal hyperplasia (also called atypia)
- Breast density: Extremely dense
- A combination of genetic risk based on many polymorphisms known as polygenic risk score (PRS): 1.08



If you have any questions about the Breast Health Decisions tool, please email [info@wisdomstudy.org](mailto:info@wisdomstudy.org).