

Woman's High-Risk Clinic

Woman's High-Risk Clinic allows patients to learn their personal risk for developing breast cancer based on personal and family history. The average risk for women is 13% or 1 in 8. For some, breast cancer risk is increased due to controllable and non-controllable factors.

High-Risk Factors:

- A strong family history of breast cancer, ovarian cancer or non-cancerous breast diseases.
- Obesity after menopause.
- Taking hormones for more than five years (those with both estrogen and progesterone).
- Genetic mutations such as BRCA1 and BRCA2.
- Started a menstrual cycle before the age of 12 and started menopause after the age of 55.
- Dense breasts reported on their mammogram report.
- Previous treatment using radiation therapy.

What to expect at Woman's High-Risk Clinic:

- A physical exam
- Assessment by entry of all personal risk factors into IBUS risk calculator
- Risk reduction education resources from Woman's Center for Wellness
- If a person has a 20% or greater lifetime risk, they will meet with a breast surgeon and a personalized plan for screening will be made. Based on the lifetime risk score and guidelines, breast imaging may be recommended before age 40, as breast cancer risk increases with age.
- Referral for Genetic Testing if qualifications are met.

Early warning signs that should prompt medical attention:

- A new lump in the breast or armpit
- Dimpling or thickening of breast skin
- New redness on the skin
- New nipple changes/retraction
- Nipple discharge
- Change in shape of the breast
- Breast pain

For appointments call **225-216-1118**.



Woman's Breast Specialty

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