

Genetic counseling

- There is no cost for the genetic counseling appointment.
- During your genetic counseling appointment, we will review your family history and discuss if genetic testing is right for you.
- If genetic testing is considered, most insurance companies will cover the cost of the testing.
- If you do not have insurance, there may be financial assistance that can help cover the cost of genetic testing.
- If you are interested in a genetic counseling appointment, please call 704-384-5373.

Novant Health Cancer Risk Clinic

- The Cancer Risk Clinic team will work with you to create a personal plan which may help lower your chances of getting breast cancer.
- Services you can expect at your clinic appointment may include:
 - Review of imaging
 - Clinical exam
 - Meeting with a doctor specializing in hereditary cancers
 - Information about clinical trials
 - Healthy lifestyle tips
 - Follow-up screening guidelines
 - Plan of care options
- If interested in a cancer risk assessment, call 704-384-5372.

Healthy lifestyles

- Have a clinical breast exam at least every three years starting at age 20, and every year starting at age 40
- Have a mammogram every year starting at age 40 if you are at average risk
- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

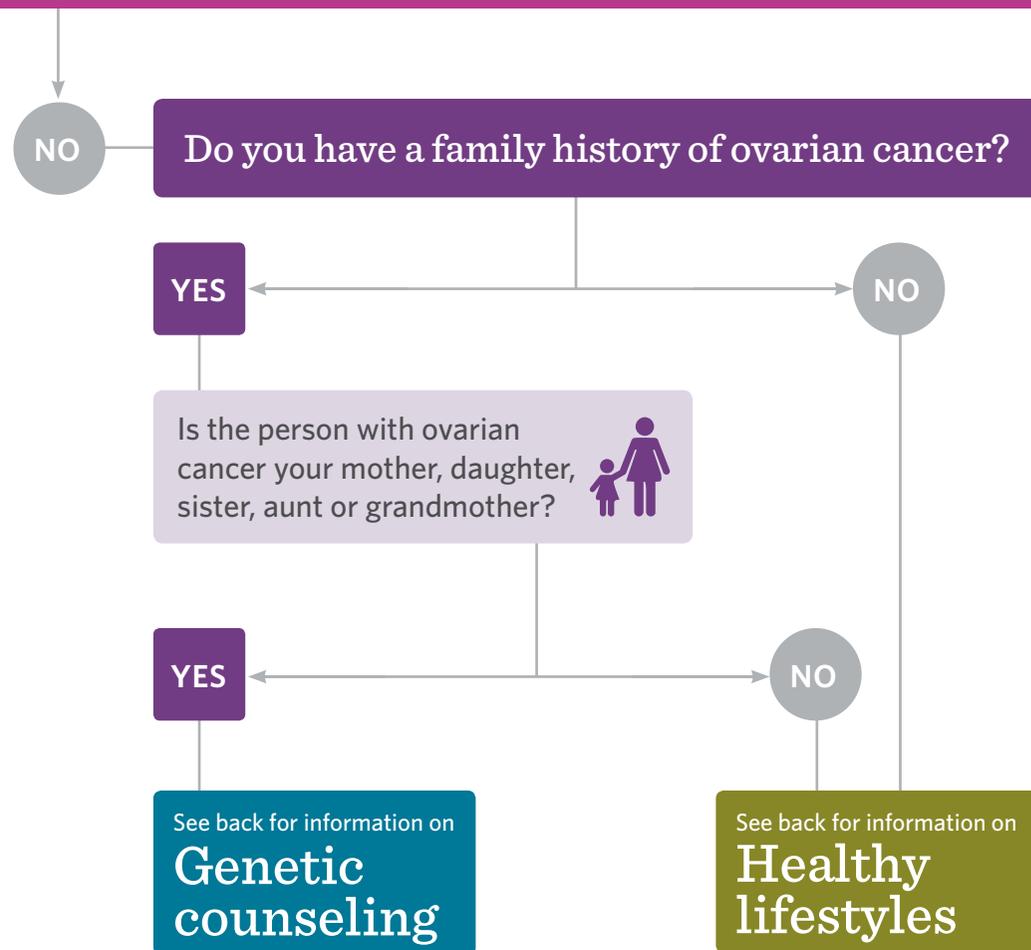
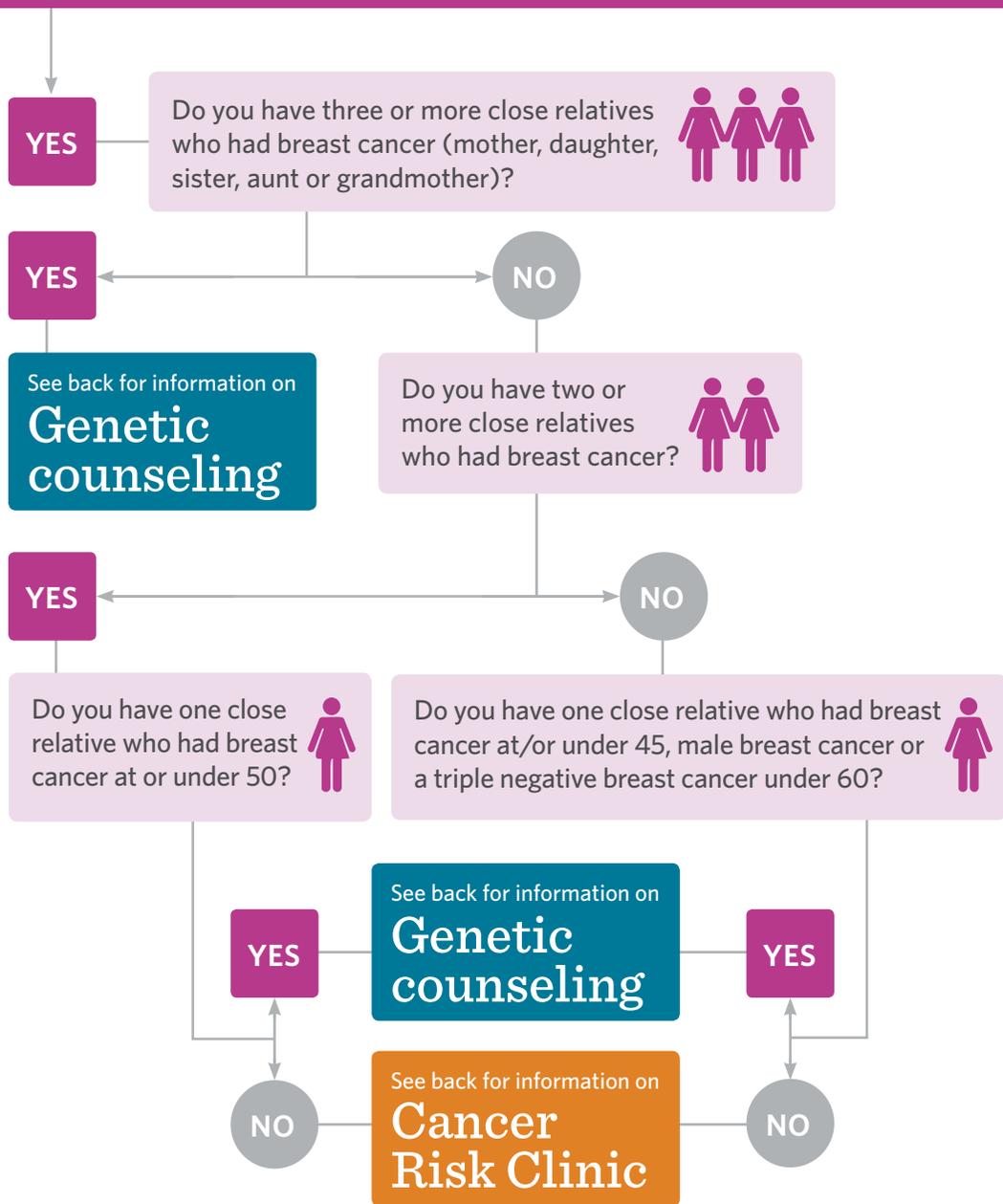


Learn how and what you can do to lower your risk

Novant Health, Wells Fargo and Susan G. Komen Charlotte are partnering to help local women understand the role their family history plays in breast cancer risk. Answering these questions can give you information to help lower your chances of getting breast cancer.



Do you have a family history of breast cancer?



To schedule a mammogram or to learn more about the Novant Health Breast Center, call 704-384-SCAN (7226) or visit NovantHealth.org.

This chart is designed for people with a family history of breast or ovarian cancer. This does not include other risk factors like family histories of prostate or pancreatic cancer or environmental factors that may increase your chances of getting breast cancer. Please speak to your doctor about these other factors if you are concerned.