

## Take Charge of Your Breast Health

**One in eight women will develop breast cancer in their lifetime.**

Knowing if you are at a higher risk for breast cancer can help you proactively manage your health.

If you are at an increased risk of developing breast cancer, you may benefit from more frequent breast cancer screenings in addition to your annual mammogram. Early detection can improve survival rates by diagnosing cancers when they are most treatable.

You may also consider options to lower your risk for breast cancer through lifestyle changes, medication or surgery.



The Helen S. Carlos High-Risk Breast Clinic proactively identifies women at high-risk for breast cancer. Our program helps you access screening, education, testing, results, and referrals—all in one place. By working closely with you and your healthcare team, we can create a personalized breast care plan to help you stay ahead of your risks.

### **Helen S. Carlos High-Risk Breast Clinic**

Piedmont Atlanta  
1968 Peachtree Rd NW, Suite 3110  
3rd Floor, 77 Building  
Atlanta, Georgia 30309

**For more information or to schedule an appointment, call 470.947.6905.**



*Real change lives here*

10634-0722

## *Exceptional Care, Close to Home*

Helen S. Carlos High-Risk Breast Clinic



*Real change lives here*

## Know Your Risk

We offer a comprehensive program for identifying and managing women who are at high-risk for developing breast cancer. Our clinic uses a screening tool that gathers information about your personal and family history to assess your personal risk for breast cancer. Armed with information, we work together to create a personalized breast care plan to reduce your risk of developing breast cancer.

## How Our Program Works

- You will complete a digital survey at home or in the clinic
- We will use up-to-date risk models and clinical guidelines to assess your risk of developing breast cancer
- You will meet with a breast nurse practitioner and a genetic counselor
- We will work with you to develop a personalized breast care plan
- We will coordinate your care

## Our Goal...

... is to ensure women at high-risk for breast cancer are getting the care they need.

We're here to help you gain insight and help guide your journey.

## Helen S. Carlos High-Risk Breast Clinic

If you have any personal risk factors or family history of breast cancer, you may wish to undergo a detailed risk assessment with our high-risk breast team.

### We offer:

- Detailed breast cancer risk assessment
- Evaluation and examination by our dedicated breast specialist team
- Genetic counseling and testing, if indicated
- Personalized breast cancer screening and prevention plan

## Our Team

The Helen S. Carlos High-Risk Breast Clinic combines the latest medical research and best practices with advanced technology to provide outstanding breast care.

### Our team includes:

- Breast nurse practitioner
- Genetic counselor
- Nurse navigator

### Our team works closely with:

- Breast surgical specialists
- Medical oncologists
- Obstetricians and Gynecologists
- Primary care providers

## No Referral Needed

While your healthcare provider may refer you into the program, or you may be invited to the program following your breast mammogram at Piedmont, a referral is not necessary to make an appointment.

## Breast Specialist Consultation

**A breast specialist will provide complete evaluation and examination to:**

- Review your personal and family history for updated risk assessment
- Review any completed genetic testing results
- Discuss breast cancer early detection and risk-reduction options, including more frequent screenings, lifestyle changes, medications, or preventative surgery
- Develop a personalized breast cancer screening and prevention plan with you
- Coordinate evaluation with medical oncology or breast surgical specialists, as needed

## Genetic Counseling & Testing

**A genetic counselor will meet with you to:**

- Review your family history of cancer
- Assess whether genetic testing should be performed to better define risk in the family
- Discuss benefits and limitations of genetic testing, and answer your questions about insurance coverage
- Coordinate the test (via blood or saliva sample) should you decide to be tested
- Help you and your family members understand your results and make follow-up healthcare recommendations and specialist referrals as indicated

**To schedule an appointment,  
call 470.947.6905.**

