

Family History Clinic

- When you first arrive at the clinic you will be asked to complete a questionnaire before seeing the nurse practitioner.
- The nurse practitioner will take a detailed clinical history with particular attention being focused on your family members with breast cancer and the ages at which they were diagnosed.
- The nurse practitioner will give an indication as to whether you fall in to the moderate risk or the high risk group and may refer you to the Department of Clinical Genetics so that they can ascertain this.
- Sometimes, you have already been assessed by Genetics, prior to your appointment and will already be aware of your level of risk.
- The nurse practitioner will then examine your breasts.
- On clinical examination, if a discrete lump (a lump that is distinct from the tissue around it) is felt during the examination, a fine needle aspiration biopsy will be performed. This procedure is carried out by inserting a fine needle into the area of the lump to remove some cells which can then be looked at under the microscope in the laboratory. A further outpatient appointment for the results will be made.
- If a lump is present then a mammogram or an ultrasound scan may be arranged.
- In the absence of a lump and depending on the nature of your family history, you may be:
 1. discharged from clinic
 2. followed-up as a moderate risk patient
 3. followed-up as high risk patient and asked to see the Cancer Geneticists in Oxford
- Mammograms commence at age 40 years and are annual until screening age (50).
- If you are thought to be a moderate risk you will be discharged to the NHS screening programme aged 50.
- There are a group of women who have been assessed by the Genetic team and found to be above moderate risk but **not high risk**, who will be seen until aged 60.
- If you are high risk, you will have a mammogram every year from aged 40 years until aged 70 years. After 70 years you will need to request mammograms from the NHS screening department three yearly.
- If you are high risk and BRCA positive, you will be offered annual MRI from age 30 years and annual mammograms from aged 40 years.

Contact us

If you have any problems regarding your care or treatment at this hospital, please *Talk to us*. Your feedback will help us to improve and develop our service. Please speak to a member of staff in the clinic or on the ward or if you would rather talk to a senior member of staff, ask to speak to the ward/departmental manager or matron.

Or speak to the Patient Relations Team who can offer you 'on the spot' support and advice as well as practical information at a time when you are feeling confused and anxious. Patient Relations can be contacted on: 0118 322 8338 or ask a member of staff, the receptionists or the switchboard to contact them.

Nurse practitioners

Carol Lister 0118 322 8672

Vanessa Burridge 0118 322 7895

Nicky Woodrow 0118 322 7895

Clinical Admin Team (CAT 3): 0118 322 6890 email: CAT3@royalberkshire.nhs.uk

More information

If you have any questions about the procedure or this information, please speak to your doctor or nurse.

For more information about the Trust visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Breast Care Clinic, December 2005

Reviewed: January 2018

Review due: January 2020