



It runs in the family.

How many times have you said that about your laugh or hair color? This statement is true for many things, including your health. Some cancers really do run in the family and are called hereditary cancers. So it's important to know your risk.

About 10 percent of breast cancers are from inherited risk factors called genetic mutations or changes. These can be found early or even prevented if you know you are at high risk. The key to the best treatment and living longer is catching cancer early – before it starts or before a cancer has spread. When you answer just a few extra questions at your next screening mammogram, we can help decide if you may be at risk for hereditary cancer.

Thanks to a generous grant from the Halt Cancer at X program (a fundraiser through The Event at Rebecca Farm) high-risk breast cancer screening is available at Logan Health Breast Center through the Save a Sister program.



Halt Cancer at X awards grants to breast cancer related programs in the Flathead Valley.



Save a Sister raises funds to support breast cancer education, awareness, and screening in the Flathead Valley.

LOGAN
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logan.org/breasthealth

Are you at high risk for breast cancer?

Screening Program



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By answering some questions at the time of your mammogram, our staff can decide if seeing our High Risk Clinic can help you. This type of visit can assess your chance of getting breast cancer. If you are at increased risk, other screening tests (imaging) in addition to a mammogram may be helpful for you. Some imaging options at Logan Health include:

Digital Breast Tomosynthesis

Most breast cancers can be seen on a mammogram. Digital Tomosynthesis (also known as 3D mammography) can find some cancers not seen on a standard mammogram. This is very important for women at higher than average risk. All screening mammograms done at Logan Health Medical Center, Logan Health – Whitefish and on the Winkley Imaging Center are 3D mammograms.

Abbreviated Breast Magnetic Resonance Imaging (MRI)

Women who are higher than average risk may qualify for more tests your doctor might order (called supplemental screenings). Our best supplemental screening is called an Abbreviated Breast Magnetic Resonance Imaging (MRI). This is a very fast exam and takes about 10 minutes. Research has shown that breast MRIs can help find some breast cancers that cannot be seen on mammograms. MRIs can often show non-cancer findings. This can then lead to more tests or even a biopsy to prove that it is not cancer. Based on your insurance, the Abbreviated Breast MRI may or may not have an extra cost to you. If for some reason you cannot have a breast MRI, Contrast Enhanced Mammography (CEM) is another supplemental screening we can offer you. Logan Health offers both Abbreviated Breast MRI and CEM.

During your visit, we can also assess if there are other options that can help you such as:

- Meeting with a certified genetic counselor or nurse practitioner to decide if genetic testing is right for you.
- This visit will be billed to your insurance and out-of-pocket cost depends on your co-pay and deductibles. These visits can be done in person in Kalispell or as a tele-medicine visit from the comfort of your home.
- Genetic testing, if recommended for you.
- Medicine that can help to reduce your breast cancer risk.
- Lifestyle advice that can help you decrease your risk of getting breast cancer.

Ask your healthcare provider to refer you, or **call Logan Health Breast Center at (406) 751-6488** to learn more about our High Risk Clinic.

Want to learn more?

Breast360.org – a program of the American Society of Breast Surgeons Foundation where breast care experts share their knowledge and helpful information for patients.

Cancer.org – American Cancer Society, a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem.

BreastCancer.org – a nonprofit organization formed to provide information and support to people with breast cancer. For high-risk women the section called Think Pink Live green is very useful.

