

Referral to the Breast Cancer Family History Clinic

This leaflet is for women who wish to be referred to the Breast Cancer Family History Clinic. It explains more about the clinic, including who it is aimed at and how appointments are made

What is the Breast Cancer Family History Clinic?

On average about one in eight women will develop breast cancer at some point in their lifetime (and one in every 870 men). A small number of women may have an increased risk of developing breast cancer because they have a significant family history of the disease.

The Breast Cancer Family History Clinic is for women who may be concerned about their family history of breast and/or ovarian cancer. In some families there may be a link between breast and ovarian cancer. An appointment can be made to attend the clinic for a risk assessment and for screening recommendations.



Who would be referred to the clinic?

In order to check whether you need to attend our clinic, please answer the following questions.

- Have you had breast cancer?
- Have you had ovarian cancer?
- Have two or more of your close relatives had breast and/or ovarian cancer?
- Have any of your close relatives had breast cancer under the age of 40?

If you have answered 'no' to all of the above questions, then your risk of developing breast or ovarian cancer is likely to be average and no appointment is recommended.

If you answered 'yes' to any of the questions above, please ask your GP or consultant to refer you to the:

Breast Cancer Family History Clinic
Cancer Services, Kent and Canterbury Hospital
Ethelbert Road, Canterbury, CT1 3NG
email ekh-tr.breastfamilyhistory@nhs.net

We do not accept direct self-referrals, we only accept referrals that come from a GP or consultant. Please do not contact us yourself.

Where will I be seen?

Our clinics are held at Kent and Canterbury Hospital.

What will happen at my clinic appointment?

At the clinic a specialist nurse will ask about your family history and draw a family tree. They will then assess your risk of developing breast or ovarian cancer and explain if any screening is recommended. If further specialist advice is recommended, they will talk to you about this at the appointment and organise the screening for you at a later date.

You will not have a physical examination or a blood test at the clinic. Your appointment will last about 30 minutes, and you may bring a friend or relative with you if you wish.

Does it cost anything?

This is a free service.

What do I need to bring with me?

You will be sent a family history questionnaire to complete before you come to the clinic. This will include amongst other things, questions about family members who have had cancer. Please complete this questionnaire and bring it to your appointment.

Useful sources of information

- **Macmillan Cancer Support**

Freephone: 0808 80 80 000

Web: www.macmillan.org.uk

- **Breast Cancer Now**

Telephone: 0808 80 06 000

Web: www.breastcancernow.org

**If you experience any breast changes or have concerns about your health,
please contact your GP.**

This leaflet has been amended with permission from Guy's and St Thomas' NHS Foundation Trust.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation