

## What is my "Claus Score" and what does it mean?"

With SmartMamm™, before your mammogram we ask you to provide us with a detailed family history of first and second degree relatives with a history of breast and/or ovarian cancer and their age at diagnosis. Based on the genetic data you provide, our Claus risk score calculator will determine if you are at an elevated (20% or greater) risk of developing breast cancer as compared to the general population.

Your Claus score enables your doctor to develop a personalized monitoring plan that may include more frequent screenings or additional screening methods, such as breast MRI<sup>1</sup>, along with your annual mammogram. Proactive monitoring increases the likelihood that breast cancer, if it develops, will be detected at an earlier, more treatable stage.

Remember: knowledge is power. Knowing your Claus Score is an important part of your breast-cancer prevention toolkit!



<sup>1</sup> Individuals with a high lifetime risk, of 20% or greater, as well as those with other genetic factors (including BRCA 1 or BRCA 2 gene mutation, Li-Fraumeni Syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome) should be evaluated with annual screening breast MRI, as recommended by the American College of Radiology guidelines. Breast MRI has been shown to aid in the detection of small, early cancers in a high risk population. Genetic counseling should also be considered for patients who have an elevated lifetime risk.



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# SMARTMAMM™

Why choose ordinary when you can choose SmartMamm™?



## What is a SmartMamm™?

### **The Smart, Simple, Proactive Approach to Breast Health — Now With the Option of 3D Mammography**

Knowing your breast cancer risk helps your doctors choose the right level of monitoring for you.

- SmartMamm™ is more than a mammogram. Using the Claus model<sup>1</sup> we calculate your lifetime risk of developing breast cancer based on the age at diagnosis of your first and second degree relatives with a history of breast and/or ovarian cancer.
- In addition to evaluating your overall risk of developing breast cancer, Princeton radiologists determine your breast tissue density following guidelines established by the American College of Radiology. Dense breast tissue is very common; however it can make it more difficult to find cancer on a mammogram and may require additional studies.
- SmartMamm™ includes the option of 3D mammography, giving radiologists a “page by page” view of breast tissue at different depths for better detection of early-stage breast cancer. 3D mammography is especially beneficial to women with dense breasts.
- If your score indicates an elevated lifetime risk (20% or greater), we will report the findings to your doctor and are available to work with your physician to formulate a monitoring plan that fits your increased level of risk.

<sup>1</sup> The Claus model has been derived from the Cancer and Steroid Hormone Study as well as the Claus paper (Claus EB, Risch N, Thompson WD, Cancer).

## Fight Breast Cancer the Smart Way

Early detection is critical to successful treatment of breast cancer. Clinical research has shown that mammography can help increase the breast cancer survival rate among women ages 40–74.

### **Smart Screening Mamm**

With SmartMamm™, the radiologist interpreting your mammogram will consider your risk score and your breast density to provide a full picture for the evaluation of your exam.

### **Smart Diagnostic Mamm**

For about 10-15 percent of women, radiologists recommend additional views of the breast. Don't be alarmed if you need a follow-up study, called a diagnostic mammogram. It gives the radiologist a closer look to further evaluate an area (or areas) of concern.

### **Previous Mammogram Images**

For the most accurate interpretation of your mammogram, our breast imaging experts need your previous mammogram images for comparison. Otherwise, your final results may be delayed. Princeton Radiology will be pleased to help you obtain previous films from another facility. Simply provide us a signed medical release form with the name of the facility that performed your mammograms, preferably 5 days before your appointment, and we'll handle the rest!

