Lowering Your Risk of Breast Cancer

Breast Cancer Risk
Some women have a higher risk of breast cancer than the general population and may benefit from taking specific drugs to lower the chance of developing the disease.

You May Have a Higher Risk If You
• Have lobular carcinoma in situ (LCIS)
• Have a 5-year predicted risk of breast cancer of 1.66% or higher on the Breast Cancer Risk Assessment Tool from the National Cancer Institute at [www.cancer.gov/bcrisktool](http://www.cancer.gov/bcrisktool)

Considering Your Options
Before deciding whether to take drugs (pills) to lower breast cancer risk, consider
• How concerned you are about your risk
• How side effects will affect your life
• Which side effects are most concerning to you

Options for Lowering Breast Cancer Risk
Depending on whether you have been through menopause and if you have a higher risk of breast cancer, ASCO recommends considering one of three drugs to lower your risk, particularly for estrogen receptor (ER)-positive breast cancer (needs the hormone estrogen to grow).

**Tamoxifen** (Nolvadex, soltamox)
• Can be considered for women 35 or older whether or not they have been through menopause

Not Recommended
• For women with a history of a blood clot, stroke, or who are immobilized (unable to move around) for a long time
• For women who are pregnant or breast feeding, or who may become pregnant

**Raloxifene** (Evista)
• Can be considered for women 35 or older who have been through menopause
• May be used longer than five years for women with osteoporosis (weakening bones) when lower breast cancer risk is an added benefit

Not Recommended
• For women who have not been through menopause
• For women with a history of a blood clot, stroke, or who are immobilized (unable to move around) for a long time

**Exemestane** (Aromasin)
• Can be considered as an alternative to tamoxifen and raloxifene for women 35 or older who have been through menopause
• May not be easily available because it is not FDA approved for breast cancer prevention, only treatment

Not Recommended
• For women who have not been through menopause

Resources
Guide to Breast Cancer (www.cancer.net/breast)
Chemoprevention (www.cancer.net/prevention)

Find more at www.cancer.net/whattoknow or read ASCO's full guideline at www.asco.org/guidelines/bcrr

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