

## Patient testimonials

*"As a 37 year old wife and mother of three, I have no regrets about the decision I made to have a prophylactic double mastectomy. One year post surgery and the time spent in constant fear of not knowing if and when I would get breast cancer is gone and replaced with making wonderful memories with my husband and children. Words can't express how appreciative I am of Dr. Kohli and her team for the love and support through it all."*

- M.S.J., patient since 2019

*"At first I was not sure that I wanted to do genetic testing, but I am extremely happy I decided to! The entire process was so easy: I was able to be seen quickly, the genetic counselor thoroughly explained everything in detail, and I was able to have my blood drawn at the same place right after my appointment. It really helped me better understand my cancer risks for me and my family moving forward."*

- Patient since 2018

*"Taking a pill to help reduce my risk of breast cancer has given me a sense of empowerment and the feeling that I am doing all that I can to stay healthy. Seeing how well the different specialties work together as a team in the high risk program has given me great confidence that I am receiving the best care."*

- L.D., patient since 2014

*"Knowing that I have a team of healthcare professionals in the high risk program keeping a close watch on me has provided me with such a sense of relief and has eased some of the anxiety I feel related to my breast cancer risk."*

- N.R., High risk patient since 2012

## Jacqueline M. Wilentz Comprehensive Breast Centers

### Monmouth Medical Center

300 Second Ave, Long Branch, NJ 07740

### Monmouth Medical Center Southern Campus

600 River Rd., Lakewood, NJ 08701

### Services offered for both MMC and MMSC:

Screening and Diagnostic Mammography and Ultrasound, Breast Biopsy, Breast Surgical Consultation, High Risk Breast Cancer Assessment & Genetic Counseling

### Breast Center Satellite Locations

#### Colts Neck

310 Route 34 South, Second Floor, Colts Neck, NJ 07722

**Service Offered:** Screening Mammography, Screening Ultrasound & Bone Density

#### Howell

4013 Route 9 North, Suite 2S, Howell, NJ 07731

**Services Offered:** Screening Mammography, Bone Density, General X-Rays

To schedule an appointment for imaging at any location, please call **732-923-7700, [Option 1]**

To schedule an appointment for High Risk or Genetic Counseling, please call **732-923-6513**

[monmouthwilentzbreastcenter.com](http://monmouthwilentzbreastcenter.com)

To schedule an appointment with one of our breast cancer experts please call **844-CANCERNJ** or visit [rwjbh.org/beatcancer](http://rwjbh.org/beatcancer)

**RWJBarnabas  
HEALTH**

**RUTGERS**  
Cancer Institute  
of New Jersey  
**RUTGERS HEALTH**

Let's beat breast cancer together.

Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.



## High Risk Breast Cancer Assessment Program

### Am I "High Risk"?



Jacqueline M. Wilentz Comprehensive Breast Centers  
Monmouth Medical Center



Monmouth Medical Center Southern Campus



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## Why is it important to know if you are high risk?

### People at high risk for breast cancer can:

- have imaging and clinical breast exams more often to ensure early detection and;
- take steps to lower their risk

## How your risk is assessed

Your risk of developing breast cancer is calculated through a cutting-edge computerized risk assessment. The tool can be accessed at any of the Jacqueline M. Wilentz Breast Center locations (see reverse side).

In the United States, **1 in 8 women** (about 12%) and **1 in 833 men** (about 0.1%) will develop **breast cancer** over the course of their lifetime.

Source: [breastcancer.org](http://breastcancer.org); 2020

## Benefits of being enrolled in the High Risk Breast Program

### People who register as high risk can:

- Have more frequent imaging with
  - › more sensitive tools
  - › breast designated radiologist who have high detection rates with low false positive rates
  - › state of the art breast imaging machines that reduce imaging time without compromising detection
- Meet with a Board Certified Genetic Counselor to discuss genetic testing (if applicable)
- Meet with an Advanced Practicing Nurse who manage your High Risk care
- Meet with a medical oncologist to discuss medicines that can reduce your risk of breast cancer
- Meet with a breast surgeon who can discuss preventative breast cancer surgery which can change your risk from high to average

## Genetic Counseling for Hereditary Cancers

Do you have a family history of breast, ovarian, pancreatic or prostate cancer? The odds of breast cancer are higher for women who have a family history or test positive for a genetic marker that is associated with breast cancer.

### Do you or a family member have:

- Breast cancer at or before age 45
- Male breast cancer
- Ovarian cancer
- Metastatic prostate cancer
- Triple negative breast cancer at or before age 60
- Breast cancer at any age with Ashkenazi Jewish ancestry
- Three or more individuals on the same side of the family with breast cancer at any age

If you answer yes to any of the above, then your personal or family history may indicate an elevated risk for breast or ovarian cancer. Genetic consultation will further assess your family history and determine if genetic testing is appropriate for you or your family. A genetic counselor will help you consider management options to reduce your risks or suggest screening options to help detect cancer at the earliest stage.



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