



Referral to the Breast Cancer Family History Clinic

Information for patients from 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:

- what the Breast Cancer Family History Clinic is
- who the service is aimed at; and
- what will happen at your appointment.

We hope the leaflet will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of your healthcare team.

What is the Breast Cancer Family History Clinic?

Breast cancer is a common disease. In the general population of the UK, about 1 in 7 women will develop breast cancer.

Breast cancer in men is much less common. Around 1 in 100 (less than 1%) of breast cancer cases in the UK are in men.

Some women have an increased chance of developing breast cancer because of their genes (their genetic makeup). Although breast cancer is common, having an inherited tendency to developing breast cancer is quite rare.

Only 5 to 10 out of 100 (5% to 10%) of all breast cancers happen because of an inherited tendency. This is also called a genetic predisposition.

The Breast Cancer Family History Clinic is for women who may be concerned about their family history of breast 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?

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
 - prostate cancer; or
 - pancreatic cancer?
- Have any of your close relatives had breast cancer under the age of 40?
- Have any of your close relatives had breast cancer diagnosed in both breasts?
- Have you got any Jewish, Orkney, or Shetland ancestry?

If you answered 'no' to all of the above questions, your risk of developing breast or ovarian cancer is likely to be average. 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 the clinic take place?

Your appointment will be by telephone. If you prefer, an in-person appointment can be offered instead.

What will happen at my clinic appointment?

- A specialist nurse will ask about your family history and draw a family tree.
- They will assess your risk of developing breast cancer and explain if screening is recommended.
- If further specialist advice is recommended, they will talk to you about this at the appointment.

Does it cost anything?

This is a free service.

Useful information

- **Macmillan Cancer Support** (<https://www.macmillan.org.uk/>)
Freephone: 0808 80 80 000
- **Breast Cancer Now** (<https://breastcancernow.org/>)
Telephone: 0808 80 06 000

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

Note

We have used the term 'women' throughout this leaflet. When we use this term we also mean people with female reproductive organs who do not identify as a woman. East Kent Hospitals is committed to supporting people of all gender identities. Please tell your doctor or nurse how you would like them to address you, so we can be sure to get this right.

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.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring 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 has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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