



UNDERSTANDING YOUR BREAST CANCER RISK SCORE



The Christ Hospital Health Network Precision Health team is committed to offering you the best available care options based on your personal health profile and family health history. Based on the answers you provided in the online assessment you recently completed, your breast cancer risk score was calculated. This is called a Tyrer-Cuzick (TC) Score.

What is a Tyrer-Cuzick (TC) Score?

A TC score is a type of breast cancer risk estimate. This number is your percentage chance of developing breast cancer in your lifetime. Your healthcare team can use this score to help plan your breast cancer screening and care.

A higher TC score doesn't mean you will definitely get breast cancer. Instead, knowing your score empowers your healthcare team to create a personalized screening plan that's right for you. This turns knowing your risk into an opportunity for better care.

How is My TC Score Calculated?

Your TC score considers many factors that can affect breast cancer risk. Healthcare teams may personalize which factors contribute to this calculation based on their center and current NCCN guidelines. This means your score may vary slightly from health center to health center. Factors that may be considered include:

- Age
- Family history of breast and ovarian cancer
- Personal health history
- History of hormone replacement therapy
- Past biopsy results
- Weight and height
- Ancestry
- Race and ethnicity
- Breast density

What Does My TC Score Mean?

If Your Score is Below 20%

This means you have an average or intermediate risk of developing breast cancer.

- Your healthcare team will likely recommend following standard screening guidelines.
- This typically includes regular mammograms starting at age 40.
- You should continue your regular check-ups and breast health awareness.

If Your Score is 20% or Higher

This means you have a higher-than-average risk of developing breast cancer.

- Your healthcare team may recommend additional breast screening.
- Additional screening often includes supplemental imaging such as an annual breast MRI or whole breast ultrasound.
- Although both breast MRIs and mammograms are used to screen for breast cancer, a breast MRI may identify a cancer that is missed on a mammogram, especially in individuals with *dense breast tissue*.
- Identifying breast cancer at an early stage may improve outcomes.
- You may qualify for other risk reduction options.

Important Things to Remember

- A high score doesn't mean you will definitely get breast cancer.
- A low score doesn't guarantee you definitely won't get breast cancer.
- Talk to your healthcare team about your TC score. Ask what breast cancer screening plan is best for you. Even if you have a low score, your healthcare team might suggest increased screening based on other health factors.
- Your score will change over time as you age and as your health and family history change. Make sure to tell your healthcare team about any new health issues or cancer diagnoses in your family.
- It is important to understand that the personal health profile and family health history assessment you just completed creates a "living score" that updates each time you take the assessment (e.g., age is used in the calculation, in addition to other factors). It is recommended the assessment be taken each year to ensure it is up to date and current with your personal health profile and family health history.

The Christ Hospital Precision Health Clinic

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For more information:

www.thechristhospital.com/services/precision-medicine

