

UCLA

Health System

The Revlon/UCLA Breast Center



High Risk Program



Armed with the most current information about breast cancer and what steps to take for prevention and early detection, women who are at high risk can face their futures with less fear of the unknown.





“I know I can’t be guaranteed that I’ll never get breast cancer, but I feel so much more in control of my life and my fears since I went through the program at UCLA. I have so much more information than I did before and I feel I am doing everything I possibly can to prevent breast cancer.”

– *Ellen*

The High Risk Program at the

Revlon/UCLA Breast Center was established at UCLA's Jonsson Cancer Center to provide a close surveillance and educational program for women who are at increased risk for breast cancer. The Revlon/UCLA program is the only one of its kind and addresses the concerns of women who:

- have a first-degree relative (mother, sister, daughter, father) who has been diagnosed with breast cancer, or multiple family members with breast and/or ovarian cancer.
- have had a breast biopsy with atypical cells, or lobular carcinoma in situ.

The High Risk Program provides women with close follow-up as well as counseling in genetics, nutrition, exercise, psychological issues and stress reduction. It also provides access to the latest clinical trials for breast cancer prevention.






Comprehensive and Convenient

The initial appointment at the High Risk Program is comprehensive and lasts approximately three and one-half hours.

- A nurse practitioner will explain the program, take a complete history, perform a breast exam, and teach breast self examination. If any diagnostic tests such as a mammogram, ultrasound or MRI are needed, they can be ordered the same day.
- A physician nutritionist, who specializes in cancer risk, will take a body fat measurement and make recommendations for modifying your diet. Research has shown that diet and lifestyle affect all aspects of a woman's health, including her risk for developing breast cancer.



“Our mother was diagnosed with breast cancer when we were very young. We thought we were doomed to get it until we found out we could make some empowering choices about our lifestyles. This program enables us to talk about our fears and to be watched closely by experts in the field.”

– Nicole and Debbie

- A medical oncologist will discuss what the risks are for breast cancer and how to reduce these risks. Each woman is given an individualized “riskometer” that provides an overview of her estimated risk based on her history. The effectiveness of various preventive interventions will also be discussed.
 - A psychologist will discuss some of the feelings associated with being at high risk, and about coping with illness and loss of family members who have been diagnosed with breast cancer.
 - A genetic counselor will provide education and counseling for women who have an excessive family history of breast cancer by using a computerized method to determine risk.
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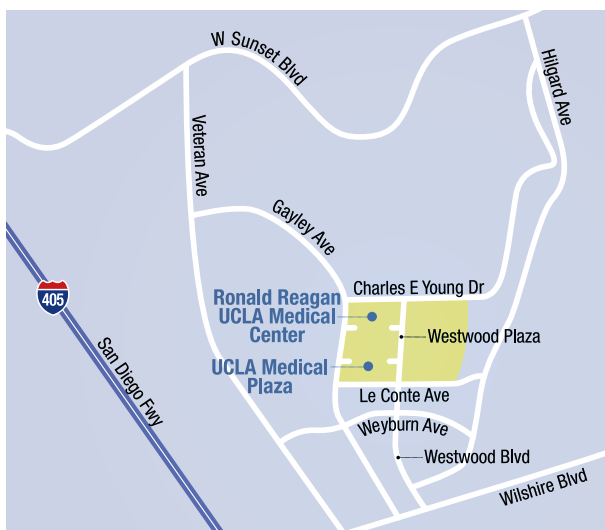
Partners in Health

Follow-up appointments are made with individual team members according to the needs of each woman.

If a patient is referred by her primary physician, follow-up will be recommended with the doctor's input. Some women will be followed regularly in the High Risk Program and others will be referred back to their physicians after their first visits.

Through open communication and education, team members become health partners with women at high risk for breast cancer, providing them with tools to live with less fear and anxiety.





Appointments

To make an appointment at the Revlon/UCLA Breast Center, please call (310) 825-2144.

Location

The Revlon/UCLA Breast Center is located at 200 UCLA Medical Plaza, a facility specially designed to provide in one convenient, accessible and comfortable location all the outpatient services a patient may need. UCLA Medical Plaza is located adjacent to Ronald Reagan UCLA Medical Center.

Revlon/UCLA Breast Center

200 UCLA Medical Plaza
Suite B265 (B2 Level)
Los Angeles, California 90095
(310) 825-2144