

Managing TNBC Risk



There is no sure way to prevent breast cancer, including triple-negative breast cancer (TNBC).

However, this guide can help you learn about:

- Your chance (risk) of getting TNBC
- Helping your loved ones and others in your community learn about their family medical history and how it may affect their chances of having breast cancer
- How to catch TNBC early, when it may be easier to treat

We can all make a difference in our communities by having conversations with our loved ones about family medical history and encouraging them to get screened, particularly if they are at risk. If you choose to talk with your loved ones about their chance of getting breast cancer, keep in mind that getting cancer is no one's fault. Just encourage them to make changes such as being active and quitting smoking.

Who has a higher chance of getting TNBC?

Anyone can get TNBC. However, it is more common in people who:

- Are younger than age 40
- Are Black
- Have certain gene mutations



TNBC has a disproportionate impact on Black women.

Among all women with breast cancer, about

10%–15%
have TNBC

2X 

Non-Hispanic Black women are about **2 times** more likely than non-Hispanic white women to be diagnosed with TNBC

Now that you have a better understanding of some risk factors associated with TNBC, it is important to know your options for screening.

Screening for breast cancer

Get screened for breast cancer as recommended by your health care provider, especially if you have a higher chance of having it. The earlier you find signs of cancer, the easier it can be to treat. Ask your doctor which types of screening tests are right for you.

What are some types of breast cancer screening tests?

- A mammogram (X-ray of the breast) allows doctors to look for changes in the breast. For many eligible women, mammograms can help to find breast cancer early. For some women, an ultrasound may also be recommended.
- A breast MRI uses magnets and radio waves to take pictures of the breast. Doctors use MRIs along with mammograms to screen certain women who are at high risk of being diagnosed with breast cancer.

Where can I get screened?

You can get screened for breast cancer at a clinic, hospital or doctor's office. Call your doctor's office for help scheduling a screening.

Does health insurance cover screening?

According to the Centers for Disease Control and Prevention (CDC), most health insurance plans are required to cover screening mammograms every 1-2 years for women starting at age 40.

Being "breast aware,"—or being familiar with your breasts and how they normally look and feel—can make a difference. If you notice any changes to your breasts, promptly tell your doctor.

How can I find out if breast cancer runs in my family?

Consider talking with your parents or grandparents to see if they or other family members have had breast cancer or other types of cancer. Write down what you find out and share it with your doctor.

If you have certain risk factors for breast cancer in your personal or family health history, you should ask your doctor about genetic testing. You can get your genes tested to see if you have mutations (changes) in genes that are linked to a higher chance of breast cancer. These mutations can be passed down from your parents. Knowing if you have a mutation—or not—can help you make smart choices about your health.

If genetic testing shows you have a mutation, ask the genetic counselor if other members of your family may have a higher chance of getting breast cancer. You will need to talk with family members who are affected. These conversations can be hard because no one wants to think about getting cancer. However, it may encourage them to get regular screenings to catch breast cancer early, when it may be easier to treat.

Contact your doctor to see if genetic testing may be right for you. They can help you find a testing center and to understand your results.

For more information about TNBC, please visit our website at [uncoverTNBC.com](https://www.uncoverTNBC.com).