

Date of report 27–Apr–2021  
Date of recruitment 16–Apr–2021  
Age at recruitment 40  
Date of Birth Apr–1980  
NRIC XXXXX123H  
BREATHE ID XXXXX



Thank you for taking part in **BREATHE** (Breast Screening Tailored for Her), a study designed to help women understand their personal risk of developing breast cancer.

On average 1 in 13 women develops breast cancer in their lifetime (Singapore Cancer Registry, 1968–2017).

Your predicted breast cancer risk is: **Above Average**

The **national breast cancer screening guideline** for your age group (40 to 49 years) is to attend **yearly** mammography screening.

**These are BREATHE's additional recommendations based on your personalised risk classification:**

- Get a one-stop breast care service at Ng Teng Fong General Hospital (NTFGH) or National University Hospital (NUH). This includes a consultation with a specialist to discuss how to manage your breast health and how a genetic test maybe helpful. Based on the breast specialist's recommendation, additional diagnostic screening may be scheduled. This diagnostic screening is not part of this research study. Visit any National University Polyclinic to get a referral letter for subsidized rates at NTFGH or NUH.
- Perform routine breast self-examination once every month (see next page for steps).

**Personalised breast cancer risk classification – What you should know:**

Although your breast cancer risk may be estimated, this prediction does not mean that you will develop breast cancer. Some women with high estimated risk may never develop breast cancer; conversely, some women with low estimated risk may still develop breast cancer. Your risk of developing breast cancer may change over time.

**What else can I do to manage my risk?**



Perform your  
monthly breast  
self-examination



Limit or stop  
alcohol intake



Limit or stop  
smoking



Have a balanced diet  
which includes whole  
grains, fruit, vegetables  
and calcium-rich food



Select healthier food  
choices that are lower in  
salt, sugar and fat



Aim to exercise for at  
least 150 minutes each  
week

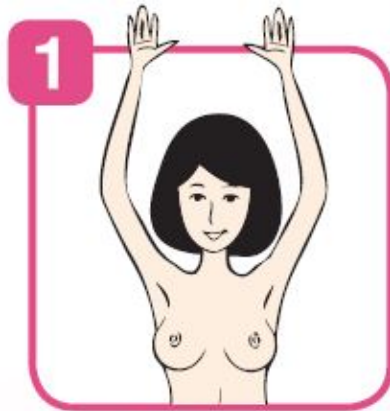
**For more information on genetic testing, please visit:**

<https://www.singhealth.com.sg/patient-care/conditions-treatments/breast-cancer-diagnosis-treatment>

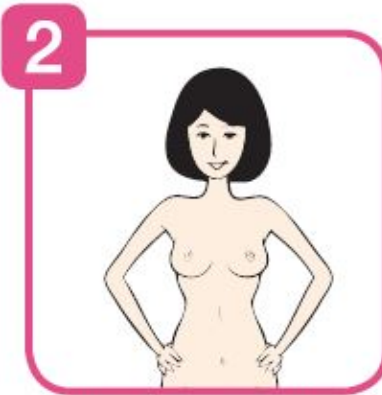
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**If you have any questions:**

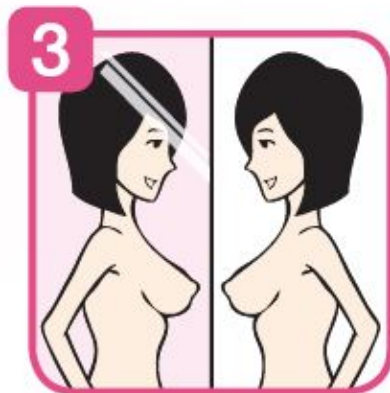
Speak to our BREATHE study coordinators at +65 6716 6341,  
or send an email to [JHCampus\\_breathe@nuhs.edu.sg](mailto:JHCampus_breathe@nuhs.edu.sg).



1 Raise your arms.



2 Lower your arms and press them firmly against your hips.



3 Turn slowly from side to side and look for changes in

- size or shape of breasts
- nipples
- appearance of skin



4 Use small, circular movements to feel your armpits for lumps. Starting from the outside, feel around your breasts in circles. Feel behind the nipple.



5 Finally, gently squeeze your nipple to check for any bleeding or discharge.



6 Lie down and repeat steps 4 and 5.

Adapted from Health Promotion Board.

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On average 1 in 13 women develops breast cancer in their lifetime (Singapore Cancer Registry, 1968–2017).

Your predicted breast cancer risk is: **Below Average**

The national breast cancer screening guidelines for your age group (50 years and above) is to attend mammography screening **once every two years**.

**These are BREATHE's additional recommendations based on your personalised risk classification:**

- Continue with mammography screening once every two years.
- Perform routine breast self-examination once every month (see next page for steps).

**Personalised breast cancer risk classification – What you should know:**

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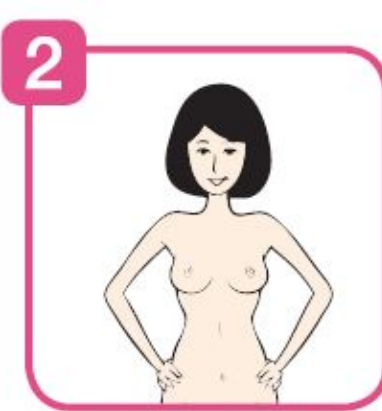
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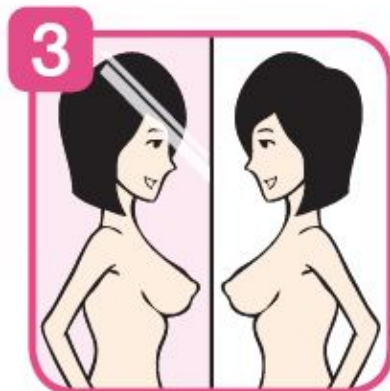
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