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QUESTIONS TO ASK YOUR DOCTOR



As a healthy young woman, you should be seeing a doctor you trust on an annual basis for a well-woman exam. Your doctor is your partner for developing a proactive breast and ovarian health management strategy. During your next appointment, use these questions to guide a quality conversation.

ASK YOUR DOCTOR

- 1 What are the risk factors for breast and ovarian cancer? How do they impact my projected lifetime risk for developing these cancers?
- 2 What's our plan? What prevention and screening plan do you recommend for me based on my personal risk?
- 3 What lifestyle changes could I make to reduce my risk for developing breast or ovarian cancer?
- 4 Should I see any specialists to manage my risk, such as a genetic counselor? If so, are there any with whom you work regularly and recommend?
- 5 What breast and ovarian cancer symptoms do I need to monitor my body for between doctor visits?



Assess Your Risk for breast and ovarian cancer and bring your results to your next doctor's appointment to help guide the conversation as you develop the best proactive strategy for you. [AssessYourRisk.org](https://www.AssessYourRisk.org)



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