



Personalized Breast Cancer Screening, Prevention, and Management

Breast cancer is the second most common cancer in women, affecting about 1 in 8 women*¹. The risk of getting breast cancer is shaped by a mix of genetic and non-genetic factors. Genetic testing can help you understand your personal risk for breast cancer, so you and your provider can take steps for better health.



Background

Genetics and Risk

- Tiny changes in your DNA (genetic variants) can increase your breast cancer risk.
- Some people inherit genetic variants that greatly raise their breast cancer risk (e.g., *BRCA1* or *BRCA2*), but these are rare.
- Many others carry variants that each have a small impact on risk, but can add up to meaningfully increase breast cancer risk.

Clinical Factors and Risk

- Genetics are only part of the picture—other lifestyle and health factors can influence your breast cancer risk.²
- These include: age, family history of breast cancer, BMI, breast density, alcohol consumption, and smoking history.

Understanding Your Risk

- Knowing your personal risk score is just the start—your provider can use your score to create a care plan designed just for you.
- Personalized care plans can include tailored screening, prevention, and management recommendations that meet your health needs.

MyOme's Breast Cancer Risk Prediction



Measuring Genetic Risk

MyOme's breast cancer test measures your genetic risk using a Polygenic Risk Score (PRS). Think of it like a scorecard that adds up all of the small-impact DNA changes that are linked to breast cancer. The higher the score, the greater your overall breast cancer risk.



Integrating Clinical Factors

MyOme's test goes beyond genetics by incorporating key clinical details from your health history into your final risk score calculation.



Improved Risk Prediction

By looking at your genes together with certain health measures, MyOme's test can predict your risk more clearly than tests that use only one piece of the puzzle.

*MyOme recognizes and respects the diversity of gender identities. In this guide, "women" is used to refer to sex assigned at birth.



Why Early Detection Matters

Detecting breast cancer early is one of the most effective ways to improve outcomes. When found at an early stage, breast cancer is often easier to treat, greatly improving chances of survival. Regular screening and being aware of your personal risk can help catch cancer before symptoms appear, giving you the best chance for successful care.

Using Your Risk to Guide Medical Care

Knowing your specific breast cancer risk can help you and your healthcare team decide on the best ways to reduce that risk and detect cancer early. Healthy lifestyle changes are important for everyone, while other options, like more frequent screening or medications, are usually recommended for those determined to be at increased risk through clinical or genetic evaluations.³⁻⁵

Lifestyle Changes⁵

The American Cancer Society recommends the following lifestyle choices that may lower the risk of breast cancer for all women:

- Reach and maintain a healthy weight
- Be physically active
- Avoid or limit alcohol consumption

Increased Screening³⁻⁴

Providers may recommend more frequent or earlier screening for those at increased risk. Screening methods can include:

- Clinical breast exams
- Mammogram
- Breast MRI

Preventative Medicines⁵

For some at increased risk for breast cancer, healthcare providers may prescribe medications that can help lower breast cancer risk:

- Tamoxifen
- Raloxigene
- Aromatase inhibitors (postmenopausal patients only)

Enable Personalized Care with MyOme's iPRS™ Test for Breast Cancer



Proactive Health
INTEGRATED PRS™
BREAST CANCER

When it comes to your health, information is power. Ask your provider about our iPRS test to better understand your risk of breast cancer and make more informed health decisions.



Visit our website to learn more about genetic testing for personalized disease risk prediction.

1. American Cancer Society. Breast Cancer Facts & Figures 2024-2025. Web. Accessed 13Aug2025. 2. National Breast Cancer Foundation. What is Breast Cancer?. Web. Published 2024. Accessed Apr 2025. 3. American Cancer Society. Recommendations for the Early Detection of Breast Cancer. Web. Published 2025. Accessed Apr 2025. 4. National Comprehensive Cancer Network. Breast Cancer Screening and Diagnosis Guidelines— Version 2.2025. Web. Accessed 15 Apr 2025. 5. American Cancer Society. Can I Lower My Risk of Breast Cancer? Web. Published 2025. Accessed Apr 2025.

This test was developed, and its performance characteristics were determined, by MyOme, Inc., a clinical laboratory certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and College of American Pathologist (CAP) accredited to perform high complexity clinical laboratory testing. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Test results should always be interpreted by a clinician in the context of clinical and familial data with the availability of genetic counseling when appropriate. MyOme is not responsible for the content or accuracy of third-party websites.