

UVA High-Risk Breast and Ovarian Cancer Program

Assessment and treatment for patients at high risk of breast and ovarian cancer is a complicated process, and the field is changing rapidly. Established in 2007, the UVA High-Risk Breast and Ovarian Cancer Program is the only program in the region to address both breast and ovarian cancer risk, including associated syndromes, such as Lynch, Cowden and Li-Fraumeni, that also carry risks for other types of cancer. We coordinate screening and care to manage multiple cancer risks for patients, all under the guidance of our experienced physicians and counselors.

What We Offer

Our program offers genetic counseling and testing, cancer screening and risk reduction services tailored to each woman's personal history, family history and risk profile. Led by Susan Modesitt, MD, a leader in the field, our team includes physicians, nurses and genetic counselors, and we work with specialists throughout UVA Health System to provide comprehensive care. We offer each woman a custom long-term care plan designed to safeguard her health.

Which Patients Can Benefit

Signs of increased risk of cancer are often based on family history. If your patient has any history of the following, they may benefit from a consultation with us:

- Multiple generations affected by breast cancer or related cancers like ovarian, pancreatic or colon cancer
- Cancers that occur at younger ages (e.g., women with breast cancer who are under 45)
- Multiple cancers in one family member
- Any male breast cancer diagnosis
- Any ovarian cancer diagnosis
- Triple negative breast cancer (i.e., estrogen, progesterone and HER-2/neu receptor negative) in a woman at age 60 or younger
- Pancreatic cancer in combination with other cancers
- Ashkenazi Jewish ancestry
- Personal history of chest radiation as part of cancer treatment before age 30
- Increased calculated risk based on models that evaluate the patient's risk of developing breast cancer or carrying a genetic mutation based on personal and family history (e.g., Gail and Tyrer-Cuzick models)

Our Services

Genetic Counseling and Testing

Genetic mutations and other inherited risk factors are a factor in roughly 5 to 10 percent of breast cancer cases and up to 25 percent of ovarian cancer cases. Our physicians, nurse practitioner and full-time genetic counselor will help evaluate patients' genetic risk to determine the need for genetic testing.

Cancer Screening

We provide every patient with information on recommended screenings tailored to their risk profile. Routine cancer screening is recommended for all women and includes Pap tests and/or HPV testing to screen women over 21 for cervical cancer, mammograms to screen women over 40 for breast cancer and colonoscopy to screen women over 50 for colon cancer.

Women at highest risk for breast cancer may benefit from the addition of a breast MRI. Women at highest risk for ovarian cancer may benefit from blood work, pelvic ultrasounds or enrollment in a clinical trial for ovarian cancer screening.

As these high-risk women may also be at risk for other cancers, we will also assess the role of potential screening for pancreatic, colon, endometrial and other cancers as needed.

Risk-Reduction Services

Finally, we talk with patients about appropriate risk-reduction services to prevent cancer from developing. Depending on the patient's profile, these can include:

- Medications like birth control pills to decrease future ovarian or endometrial cancer risk
- Chemoprevention with tamoxifen or raloxifene to decrease breast cancer risk
- Aspirin to decrease colon cancer risk (and potentially other cancers)
- Risk-reducing surgery like mastectomy, salpingo-oophorectomy or hysterectomy. This option is generally considered only for patients with a known deleterious mutation that greatly increases cancer risk.





Our Team

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Our practitioners are nationally recognized as experts in the field. Dr. Modesitt is one of the authors of the American College of Obstetrics and Gynecology (ACOG)'s most recent practice bulletin on hereditary breast and ovarian cancer and co-faculty, with Kari Ring, MD, of ACOG's course in women's genomics counseling. She and Dr. Ring recently co-authored a review paper in the American Journal of Obstetrics and Gynecology on the role of genetic predispositions in gynecologic malignancies, and they regularly lecture to national physician audiences on the topic.

Our team also offers exceptional clinical experience. Vanessa Gregg, MD, has been with the high-risk program for over ten years and provides gynecologic care to women who are survivors of

breast cancer and other types of cancer. Our genetic counselor, Martha Thomas, MS, is president of the Virginia Association of Genetic Counselors and has worked in cancer genetics for a decade. Our nurse practitioner, Alycia Yowell-Many, RN, MSN, FNP, is certified in family medicine and focuses on providing holistic care to women.

With genetics information changing almost daily, our experience and expertise helps ensure we provide the best possible care to our patients and their families. Please contact us if we can be of assistance to you or your patients.

For a consultation or to refer a patient, please call **434.924.9333**. For more information, visit uvahealth.com/highriskcancer.

UVA Cancer Center

UVA Cancer Center is one of 69 National Cancer Institute (NCI)-designated cancer centers in the United States, a distinction earned through its work in cancer research, prevention, detection and treatment. It is the only cancer center in Virginia nationally ranked by U.S. News & World Report and honored by Becker's Hospital Review, which recognized it as one of 100 hospitals and health systems with great oncology programs.

UVA Cancer Center provides comprehensive, world-class cancer treatment in a caring environment for patients across Virginia and the mid-Atlantic, led by doctors recognized as among the best in their fields by publications such as Best Doctors in America®, America's Top Doctors™ and America's Top Doctors for Cancer®.

We are proud to deliver advanced care and the latest research-based treatments to patients at the Emily Couric Clinical Cancer Center in Charlottesville and in the Augusta, Charlottesville and Culpeper communities through the UVA Community Oncology Network. These advanced medical oncology and hematology clinics make UVA Cancer Center one of the most accessible cancer centers in the region.