

# Ochsner Health and St. Tammany Health System

## Breast Disease and High-Risk Clinic



At Ochsner Health and St. Tammany Health System (STHS), our team offers an advanced approach to the diagnosis, treatment and management of breast cancer.

### Our Purpose

- To identify women who are at high-risk for developing a breast cancer in their lifetime
- To formulate an individualized plan to help lower their risk
- To identify those who may benefit from additional screening tests

### Identifying Risk Factors

**Research shows, screening and early detection of breast cancer leads to effective management and increases overall survival.**

Breast density is only one of many risk factors. An APP (Advanced Practice Provider) will help you identify individual risk factors and discuss your personal risk scores.

Estimated risk is calculated from information you provide at the time of your mammography visit, such as family history of breast cancer, and the information in your electronic medical record.



To schedule an appointment, call **985-773-1515**.  
For questions, call our breast care coordinator  
at **985-898-7023**.



## The Importance of Supplemental Screening

The average lifetime risk of breast cancer is approximately 13%. Patients with a lifetime risk of more than 20% are considered to have an elevated risk of developing breast cancer.



**The American Cancer Society recommends that women with a 20% or greater lifetime risk consider supplemental screening exams, such as annual breast MRI.**

Our breast care coordinator can provide additional information and assist you with any referrals that are needed. Some common referrals include genetics, nutrition, smoking cessation, and weight management.

The Ochsner Health Center – Covington mammography team works with the STHS Breast Disease and High-Risk Clinic at the STHS Women's Pavilion:

**301 N. Highway 190, Suite C-2, Covington, LA 70433**



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**ST. TAMMANY CANCER CENTER**  
A Campus of Ochsner Medical Center