

Congratulations on receiving the HALO Breast Pap Test! You've just taken the first step toward better breast health. You've joined thousands of women who are now including risk assessment and prevention in the fight against breast cancer.

WHAT DO YOUR HALO RESULTS MEAN?

Result	Interpretation
No Nipple Aspirate Fluid (NAF)	Normal result. No production of fluid means that you are at normal risk, not elevated risk, for developing breast cancer. Continue with annual HALO tests and other routine breast health exams that your doctor recommends as you may have other risk factors present.
NAF present <i>with no</i> atypical cells	Normal result. You produced nipple aspirate fluid (NAF) with no atypical cells. This means you are at slightly higher risk for developing breast cancer compared to someone who did not produce NAF. It is important to remember that this is still considered a normal result. Continue with annual HALO tests and other routine breast health exams your doctor recommends as you may have other risk factors present.
NAF <i>with</i> atypical cells	Abnormal result. You produced nipple aspirate fluid (NAF) with atypical cells. This means atypical cells were identified and you are at elevated risk for developing breast cancer. This does not mean you have breast cancer or that you will develop it in the near future! It means that you need to be vigilant and proactive in monitoring your breast health. Your doctor may recommend that you talk to a Breast Specialist who will assess your other breast cancer risk factors. To learn more about atypia, visit www.PapTestForTheBreast.com .

Adapted from King et al (4)

Note: the HALO Breast Pap test does not take the place of routine mammograms and breast exams.

What does it mean if no fluid sample is produced?

Not producing a fluid sample is a NORMAL result. Approximately half of women without breast cancer symptoms will not produce NAF. Clinical data have shown that women who do not produce fluid are at the lowest risk (i.e. normal risk) for developing breast cancer compared to someone who produces NAF. Women who do not produce NAF one year may produce NAF the next year therefore, the HALO Breast Pap Test should be conducted annually.

What is a "normal result" from the HALO Breast Pap Test and what does it mean?

No NAF produced, acellular NAF, and NAF with normal cells are all considered NORMAL results. Women who have normal results one year may have abnormal results the next year, so the HALO Breast Pap Test should be conducted annually. Like the Pap test for cervical cancer, HALO cannot definitively rule out the presence of cancer, so it is important to continue with routine mammograms and breast exams as recommended by your doctor.

What is an "abnormal result" from the HALO Breast Pap Test and what does it mean?

You have "atypia", which basically means abnormal cells. Having atypia does not mean you have cancer and it doesn't mean you will definitely develop cancer. It does mean you need to monitor your breast health more closely in the future. Your doctor may recommend that you see a Breast Specialist to help monitor your condition, perhaps identify other potential risk factors and develop a plan to manage your breast health.

Having concern with this result is a completely normal reaction, but it's important to remember that most cases of atypia do not result in cancer. Atypia does not mean you need surgery, drugs, or other immediate action. Instead, it indicates the need for additional risk assessment, which may lead to more frequent testing and consideration of other options. Frequently atypia corrects itself. This abnormal result does not lead to treatment nor can it give a diagnosis on its own; treatment cannot be performed until a diagnosis is obtained.

We do know, however, that atypia is a significant risk factor for developing breast cancer, so the finding is important. The reason breast cancer is such a frightening disease is that many women have had it for up to 8 or 10 years before it is detected, and in many cases, by then the disease has progressed.

With the HALO test, you've highlighted the need for closer breast health monitoring. If indeed something more concerning develops, you now have the ability to intervene at an early stage, when serious consequences are far less likely.

What can I expect from a Breast Specialist?

Breast Specialists are experts in breast health. They deal with atypia on a regular basis and are able to offer you the best surveillance and treatment options if needed. There are a number of options they may recommend, including:

- **Additional risk assessment including, family history, health history, lifestyle analysis, etc.**
- **Improved imaging to verify there is nothing visible or, if something is present, find it before it might be found on a screening mammogram. A radiologist may recommend an MRI, ultrasound, or diagnostic mammogram. If the radiologist does not see anything of interest with this advanced imaging, continue with the HALO Breast Pap test at regular intervals. Remember, the goal is to monitor you closely, so that if any changes occur, you can react quickly.**
- **Minor surgical options if imaging shows any points of interest. Surgical procedures at this stage are typically small incisions to remove a duct or limited area of concern.**
- **Preventive drug therapies are also available. As an example, Tamoxifen is effective in pre-menopausal women with atypia, provided they are past child-bearing age. Breast specialists can help you better understand these options.**
- **Discontinuing hormone replacement therapy or oral contraceptives.**

The key to avoiding a life-threatening fight with breast cancer is to identify your risk and closely monitor any further changes so you can react quickly. Talk with your doctor about annual HALO Breast Pap Testing. The first sign of risk is your best chance to fight breast cancer.

For more information on the HALO Breast Pap Test visit
www.PapTestForTheBreast.com

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