

Together, we are facing a truly unprecedented situation. The coronavirus (COVID-19) pandemic is affecting all of our families, communities, and our way of life. We at the WISDOM study wanted to reach out and let you know that your health and safety is our priority.

We understand that scheduling a screening mammogram may be difficult, if not impossible. To ease any concerns you may have around managing your breast health, or participating in the study, we've provided some guidance below.

- **If you are sick and have a fever and/or a cough:** Please call your primary care provider's office for advice about how to proceed.
- **If you have a new breast symptom (ex. new lump, nipple discharge, skin changes, or a significant change in the shape or size of your breast):** Please contact your doctor immediately. Primary care and breast care clinics are still open to advise you.
- **If you are worried about getting breast cancer, have breast pain in both breasts, or you are due for a mammogram over the next 6-12 months:** Please contact your doctor to schedule a screening mammogram for a future date that adheres with local guidelines/restrictions around COVID-19. In general, screening mammograms are considered preventive care and can be safely postponed several months if needed.
- **If you've recently learned that you are at very high risk for breast cancer and/or carry a mutation known to increase risk for breast cancer:** Please discuss with your doctor about alternatives to an in-person visit, for example, receiving a video consultation with a local cancer genetics or breast care clinic. Video or telephone consultations are currently available at many medical centers nationwide. Discuss with your provider the timing of any recommended screening tests, such as mammograms or MRIs.

Lastly, as recommended by top health officials, we strongly encourage you to practice social distancing and remain at home as much as possible. While you are home, keep in mind that we are still actively recruiting participants and conducting study protocol as normal. *Please check your WISDOM Study portal to ensure your follow-up surveys are up to date*, as your completion of study questionnaires and keeping in contact with the study team remains important.

Community is essential, especially during these difficult times. We have an amazing team at the WISDOM study, and we are here for you. Please feel free to reach out to us at info@wisdomstudy.org with any questions, concerns, or just a warm hello. You can also stay connected with us through Facebook, Twitter, or Instagram.

As we go forward together, we'll be sure to keep you updated. We thank you for being part of our community and participating in this important research.

Sincerely,

Dr. Laura Esserman and the WISDOM Study team