

AI (Artificial Intelligence) and Breast Cancer Information: A CHECKLIST

Use these steps when navigating AI platforms to support your breast cancer experience. Remember that AI is a resource, not a replacement for your care team.

AI Do's & Don'ts

Do use AI to:

- ☐ Explain an unfamiliar medical term in simple words
- ☐ Summarize a trusted webpage or short passage
- ☐ Rewrite complicated information at an easier reading level
- ☐ Organize notes, questions or appointment topics
- ☐ Help draft questions for your health care team based on your thoughts and concerns
- ☐ Create a table, checklist or visual breakdown for summarizing information
- ☐ Explain general clinical trial language or eligibility criteria

Don't use AI to:

- ☐ Diagnose you
- ☐ Decide whether a new, unusual or worsening symptom should be examined
- ☐ Choose your treatment
- ☐ Tell you to start, stop or change a medication
- ☐ Weigh your personal risks and benefits
- ☐ Determine whether you qualify for a clinical trial
- ☐ Become your main source of health information
- ☐ Replace your doctor, navigator or care team

Build a better prompt

Task + Context + Boundaries + Sources + Format

Task: What do I want AI to answer?

Context: What general background should I include that could underscore the question?

Boundaries: What should it not do when answering this request?

Sources: What information should it pull from, and how should it show where answers were derived from?

Format: How should the answers be displayed for my query?

Example: Explain what breast density means and how it relates to breast cancer screening, in plain language. [TASK] I recently got a mammogram result letter mentioning that I have dense breasts. [CONTEXT] Do not tell me what my personal risk is or what screening I should get. [BOUNDARIES] Use sources like Susan G. Komen or the National Cancer Institute and include publication dates, pointing out which information came from which sources. [SOURCES] Give me a short explanation plus four questions to ask when I follow up with my doctor. [FORMAT]

KNOW MORE



This content is designed for educational purposes only and is not exhaustive. Please talk with your care team and bring your questions.

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The verification checklist:

Before trusting an answer from an AI tool, check these first:

☐ Did the answer include a source?

Look for a link, citation, organization name or reference that shows where the information came from. You can also ask for sources in your prompt.

☐ Did you open the source to check it?

Do not rely only on the AI summary or preview. Open the original source it provides and read enough to confirm if it is real, relevant and from a recognized and trusted organization.

☐ Does the source actually support the answer?

AI can cite a real source but misrepresent it, leave out important context or attach it to a claim it does not support.

☐ Is the information current?

Check the publication or update date. Breast cancer research, treatments, drug approvals, clinical trials and guidelines change often.

☐ Is the answer based on strong evidence?

Look for information based on peer-reviewed research, established clinical guidelines or expert medical inputs – not opinion, hype, anecdote or promotion.

☐ Does the source explain risks, benefits and limitations?

Trustworthy information covers harms as well as benefits and is honest about what is still unknown.

☐ Could important personal details change the answer?

Breast cancer care can depend on diagnosis, stage, subtype, biomarkers, previous treatments, medications, other health conditions, side effects, goals and preferences.

☐ Could acting on this answer affect your health?

If the answer involves symptoms, treatment, medications, side effects or clinical trials, talk with your health care team before taking action.

Note: A citation is a starting point, not proof. Always trace important information back to trusted sources and ask your care team what it means for you.

Examples of trusted resources:

- Susan G. Komen
- The National Cancer Institute
- The FDA
- Academic medical centers
- Peer-reviewed journals
- Established clinical guidelines, like NCCN

What Makes a Source Trustworthy?

A trustworthy source usually:

- Comes from a recognized health, government or medical organization
- Uses evidence-based information
- Explains who created or reviewed the content
- Links to original research or supporting sources
- Shows when the content was published or updated
- Explains risks, benefits, limitations and uncertainty
- Encourages conversations with your health care team
- Is transparent about conflicts of interest
- Avoids fear-based claims, guaranteed results or immediate action

Note: A trustworthy source helps you understand the evidence, recognize uncertainty and prepare for informed conversations with your health care team.

Privacy: In a publicly available AI tool, pause before you paste.

Before entering information into an AI tool, think carefully about privacy.

Some tools may store, review or use what you type in ways you do not expect or consent to.

Protect your data and do not include your:

- Full name, birth date, address, phone number or email
- Social Security, financial or payment information
- Insurance card, member number or claims information
- Medical record number or patient ID number
- Patient portal login information or passwords
- Unredacted medical records, reports or portal screenshots
- Imaging reports with identifying details
- Barcodes, QR codes or document numbers
- Raw genetic data
- Information that identifies another person