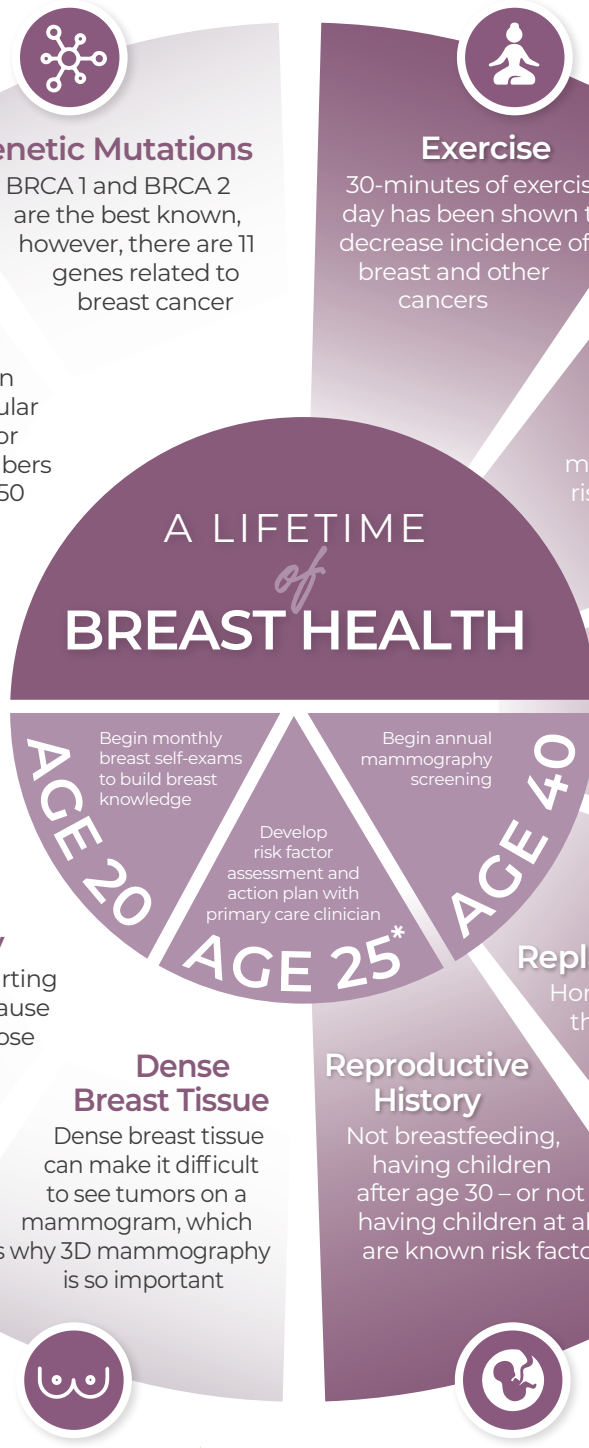


Breast Cancer Risk Factors

Risk Factors Women **CAN'T** Control

Risk Factors Women **CAN** Control



Family Cancer History

Breast cancer, ovarian cancer and other glandular cancers, such as colon or stomach in family members younger than 50



Genetic Mutations

BRCA 1 and BRCA 2 are the best known, however, there are 11 genes related to breast cancer



Exercise

30-minutes of exercise a day has been shown to decrease incidence of breast and other cancers



Normal BMI

Fat cells produce estrogen. For every 11 pounds gained after menopause, breast cancer risk increases by 3%



Alcohol Consumption

More than 6 to 10 drinks a week elevates a woman's risk for breast and other cancers, including esophageal, liver and colorectal



Hormone Replacement Therapy

Hormone replacement therapy that includes both estrogen and progesterone during menopause increases risk



Reproductive History

Not breastfeeding, having children after age 30 – or not having children at all, are known risk factors



Dense Breast Tissue

Dense breast tissue can make it difficult to see tumors on a mammogram, which is why 3D mammography is so important



Menstrual History

Early menstrual periods starting before age 12 and menopause starting after age 55 expose women to more years of unopposed estrogen



Radiation to the Chest

Radiation therapy to the chest or breasts before age 30, most often for treatment for Hodgkin's lymphoma

Resources:

Monticciolo, Debra L., et al. "Breast Cancer Screening in Women at Higher-Than-Average Risk: Recommendations From the ACR." *Journal of the American College of Radiology*, vol. 15, no. 3, Mar. 2018, pp. 408-414., doi:10.1016/j.jacr.2017.11.034.

Collaborative Group on Hormonal Factors in Breast Cancer. "Type and Timing of Menopausal Hormone Therapy and Breast Cancer Risk: Individual Participant Meta-Analysis of the Worldwide Epidemiological Evidence." *The Lancet*, vol. 394, no. 10204, 29 Aug. 2019, pp. 1159-1168., doi:10.1016/s0140-6736(19)31709-x

"What Are the Risk Factors for Breast Cancer?" *Centers for Disease Control and Prevention, Centers for Disease Control and Prevention*, 26 June 2019, www.cdc.gov/.

*2023 updated guidelines from The American College of Radiology (ACR)



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