



Breast Cancer Risk Factors

A risk factor is anything that affects the chances of getting a disease. Different cancers have different risk factors. The presence or absence of risk factors doesn't always indicate whether one will or will not get the disease. People who have factors that increase their risk for breast cancer need to be vigilant about screening.

Factors That Can Be Changed:

- Women who have had no children OR a first child after the age of 30
- Alcohol consumption
- Being overweight or obese
- Lack of physical activity

1. *More recent studies are also linking tobacco smoke and night shift work to breast cancer.

Factors That Can't Be Changed:

- Women are 100 times more likely to get breast cancer than men
- Older age
- Genetics (including BRCA1 and BRCA2)
- Personal and/or family history of breast cancer
- Dense breast tissue
- History of lobular carcinoma in situ
- Menstruation before age 12
- Menopause after age 55
- Previous chest radiation
- Exposure to diethylstilbestrol (DES)
- Long-term use of hormone replacement therapy