

Appendix F

Breast Cancer: What are Your Risk Factors?

Risk Factors You Can't Change

- **Gender**- Being a WOMAN is the main risk factor for developing Breast Cancer
- **Age**- Your risk of developing Breast Cancer increases as you get older. Half of all women diagnosed are over the age of 65.
- **Family History/Genetics**- 5-10% of breast cancer cases are thought to be hereditary. Having a 1st degree relative(mother, sister, or daughter) with breast cancer doubles a woman's risk.
- **Race**- White women are slightly more likely to develop breast cancer than African-American women
- **Menstrual History**- Early menstruation (before age 12) or late menopause (after age 55)



Life-Style Risk Factors You Can Change

- **Having Children**- Having no children or having them after the age of 30 slightly increases the risk for breast cancer
- **Exercise** – Builds immune system and lowers estrogen levels which can lower risk for breast cancer
- **Healthy Diet**- High fat diet increases estrogen production that can fuel tumor growth
- **Alcohol**- Consuming 2-5 alcoholic drinks a day increases the risk by 1.5 times than a non alcohol drinker



