



**WHAT ARE BREAST CANCER
RISK FACTORS?**



Quebec
Breast Cancer
Foundation

BEING A WOMAN

Over 99% of cases occur in women.

AGING

Risk increases with age, with women over 50 years being the most susceptible.

PREVIOUS DIAGNOSIS OF BREAST CANCER

There is a higher chance of developing another cancer, in the same or in the other breast.

FAMILY HISTORY

Incidence of breast cancer increases if one or more family members has been diagnosed, on either the maternal or paternal side.

GENETIC MUTATIONS

Women who have inherited genetic changes in the BRCA1 and BRCA2 genes or in certain other genes have a higher risk of breast cancer.

BREAST DENSITY

Denser breasts have less fatty tissue. High breast density hinders the detection of breast cancer signs on a screening mammogram.

HORMONAL FACTORS

- Menstruation before age 12 and menopause after age 55 lengthen the exposure to hormones and hence increase the risk.
- Highest risk for first child born after the mother reaches the age of 30 or for women who are nulliparous.

IONIZING RADIATION

Treatment with ionizing radiation, especially at puberty, increases the risk.

HORMONE REPLACEMENT THERAPY

Prescribed to manage menopause symptoms, estrogen content elevates the risk.

OBESITY

Obese postmenopausal women are at higher risk.

ALCOHOL CONSUMPTION

Alcohol intake increases the risk of breast cancer. The level of risk rises as the amount of alcohol consumed increases.

ALTHOUGH SEVERAL FACTORS MAY CONTRIBUTE TO AN INCREASED RISK OF DEVELOPING BREAST CANCER, MOST WOMEN WHO DEVELOP BREAST CANCER HAVE NO KNOWN RISK FACTORS.

INFORMATION & SUPPORT

1 877 990-7171 - ext 250

rubanrose.org





**TOGETHER FOR
BREAST HEALTH**



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