

# KNOW THE RISK FACTORS FOR BREAST CANCER

- Being of the **female** sex
- **Aging**
- Previously being diagnosed with breast cancer
- Having one or more family members having been affected (maternal or paternal side)
- Carrying a **genetic mutation** associated with breast cancer
- Having had **radiation therapy** to the chest, neck or armpit area (especially at puberty)
- Having a **high breast density**
- Having **atypical hyperplasia**
- Having early menstruations or late menopause
- Late first pregnancy or no pregnancy
- Prolonged use of female **hormones**
- Suffering from **obesity**
- **Alcohol** consumption

Although several factors may contribute to an increased risk of developing breast cancer, some people who develop breast cancer present no known risk factors.

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# HOW TO REDUCE THE RISK?

- Being **active**
- **Limiting** alcohol consumption
- No smoking and avoiding second-hand smoke
- Maintaining a **healthy weight**
- Breastfeeding (if possible)

Although these actions may help reduce the risk of developing breast cancer, someone who adopts all these practices can still develop the disease.

## TAKE CONTROL OF YOUR BREAST HEALTH WITH EARLY DETECTION

**Put the odds on your side.** Breast cancer detected early has better chances of survival and less aggressive treatments.

- Know your breasts and **report** any persistent changes to a doctor
- Have a physician assess your personal risk to determine if personalized prevention strategies (e.g. preventive surgery) and screening are required
- Have a screening **mammogram** when recommended (offered in Quebec to women aged 50 to 69)

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