

Everything You Ever Wanted to Know About Breast Cancer Risks But Were Afraid to Ask Because It Might Be Too Much Information

From the Susan G. Komen website - Go to website for complete details!
<http://ww5.komen.org/BreastCancer/BreastCancerRiskFactorsTable.html>

Established Risk Factors

scientifically recognized as linked to breast cancer.

Strong increase in risk (more than three times the risk of someone without the risk factor):

- Age
- Being female (yes, males and transmen can get breast cancer)
- BRCA1 or BRCA2 gene mutation
- Family history of breast cancer (more than one immediate family member)
- High breast density
- Hyperplasia (benign breast condition) - Atypical
- Personal history of lobular carcinoma in situ (LCIS - not invasive)
- Personal history of cancer
- Radiation treatment during youth

Moderate increase in risk (1.5 to 3 times the risk of someone without the risk factor):

- Family history of breast cancer (just one immediate family member)
- Hyperplasia (benign breast condition), usual type (not atypical)
- Not having children
- Having a first child after age 35
- High levels of blood androgens, postmenopausal
- High levels of blood estrogens, postmenopausal
- Postmenopausal Estrogen + Progestin hormone use (current or recent use only)
- Overweight, postmenopausal

Weak increase in risk (10-50% increased risk compared to someone without the risk factor):

- Age at first period < 12 years
- Age at menopause > 55 years
- Alcohol consumption (one or more drinks per day)
- Ashkenazi (Eastern European) Jewish heritage
- Birth control pills (current or recent use only)
- Being tall
- High socioeconomic status
- Mammograms (radiation exposure)
- Postmenopausal Estrogen-only hormone use (current or recent use only)

Moderate **decrease** in risk (30-60% **lower** risk compared to someone without the risk factor):

- Overweight, premenopausal

Weak **decrease** in risk (10-30% **lower** risk compared to someone without the risk factor):

- Breastfeeding

No increase **or** decrease in risk:

- Abortion
- Hair dyes

Probable Risk Factors

linked to breast cancer, although not as solidly as established factors.

Moderate increase in risk (more than three times the *probable* risk, of someone without the risk factor):

- High bone density
- High levels of blood androgens, premenopausal

Weak increase in risk (10-50% increased *probable* risk, compared to someone without the risk factor):

- African-American ethnicity + premenopausal
- Light exposure at night, and shift work (lower levels of melatonin)

No increase **or** decrease in probable risk:

- African-American ethnicity + postmenopausal
- Physical activity, premenopausal
- Blood organochlorine levels (exposure to certain pesticides and industrial chemicals)
- Breast implants
- Electromagnetic fields (from utility wires, electric blankets, microwave ovens, fluorescent lighting, etc.)

Weak decrease in risk (10-30% **lower** *probable* risk compared to someone without the risk factor):

- Physical activity, postmenopausal

Possible Risk Factors

potentially might be linked to breast cancer, but need more study.

Moderate increase in risk (more than three times the *possible* risk, of someone without the risk factor):

- High levels of blood estrogens, premenopausal
- High IGF-1 hormone levels (insulin-like growth factor 1), premenopausal

Weak increase in risk (10-50% increased *possible* risk, compared to someone without the risk factor):

- Red-meat consumption, premenopausal
- Carotenoid (beta-carotene) intake

No increase **or** decrease in risk

- IGF-1 hormone levels (insulin-like growth factor 1), postmenopausal
- Red-meat consumption, postmenopausal
- Aspirin use
- Dairy consumption
- Deodorant/ antiperspirant use
- Dietary fat consumption
- Fertility drug use
- Fruit and vegetable consumption
- Glycemic load/ carbohydrate intake
- Soy intake

Weak decrease in risk (10-30% **lower** *possible* risk, compared to someone without the risk factor):

- Vitamin D intake

Factors with insufficient evidence

for these supposed risk factors, there are few studies to date or results are very mixed:

Antibiotic use
Body care products with parabens
Bras, underwire bras
Trauma to the breast
Breast size

Caffeine
Cell phones
French fry consumption
Hair relaxers
Left-handedness

Migraine headaches
Plastics
Secondhand smoke exposure
Smoking
Stress