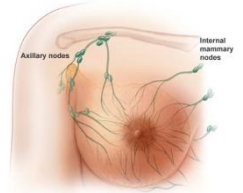


# Risk Factors for Breast Cancer

## What is it?

- **Symptoms**- warm, red, swollen, lump, swelling, nipple discharge, dimpling of the skin, scaly skin, changes in size, shape, nipple, tight skin
- **Breast Cancer**- may start in the milk ducts, milk glands, fatty tissue or connective tissue; different types progress differently



## Risk Factors:

- **Age**- 60% after 60, and greater if > 75
- **A Family History (mother, sister, daughter)**- increases 2 to 3 times risk
  - **Slight Risk Increase**- with grandmother, cousin, aunt; 30% chance by age 75
- **Breast Cancer Gene**- 3 generations of breast cancer
- **Menstruation**- < 12, 2 to 4 times greater compared to > 14
- **Menopause**- > 55
- **Pregnancy**- > 30, no pregnancies
- **Estrogen Replacement Therapy**- taking for many years slightly increases risk after menopause
- **Obesity**- after menopause
- **Previous Breast Cancer**- after breast removed .5 to 1% chance every year
- **Increased Number of Milk Ducts**- family history, abnormal tissue structure



## Facts:

- **Birth to 95**- 1 in 8 will develop breast cancer
- **40 Year Old**- 1 in 1,200 chance of developing breast cancer

## What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help
- **Increase**- Exercise, Fiber with fresh fruits, vegetables, whole grains, healthy weight and maintenance, healthy environment
  - **AVOID**- Smoking or second hand smoke; Saturated Fats

