What factors affect breast cancer risk?

DECREASE RISK

- Maintaining healthy weight
- Exercising regularly, on average three to four hours a week
- One or more full-term pregnancies
- First full-term pregnancy before age 25
- Breast feeding for more than 15 months (total months across all children)
- Menopause before age 50

INCREASE RISK

- Being overweight or obese
- Sedentary lifestyle
- Drinking more than one alcoholic drink a day
- Exposure to high-dose radiation, particularly before age 40
- Aging
- Family history of breast cancer
- Inherited genetic mutations (e.g., BRCA1)
- Using hormone therapy after menopause