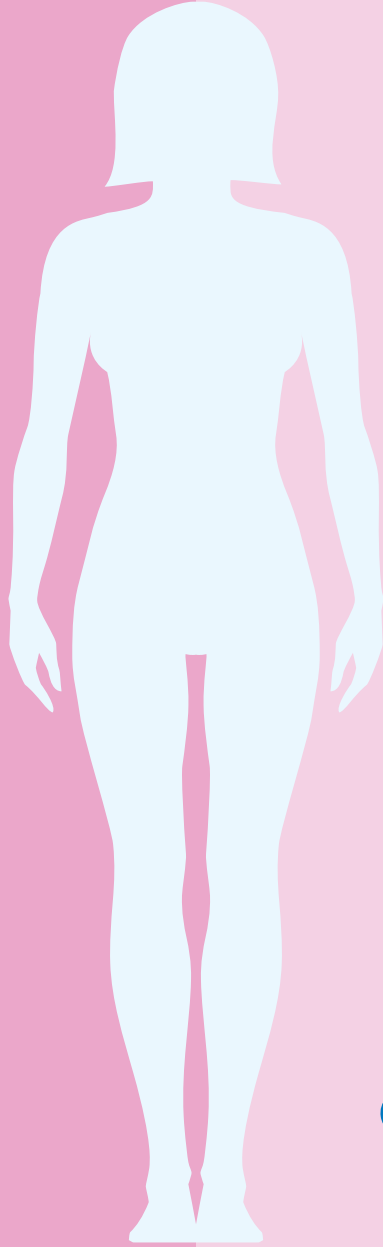




WHAT FACTORS AFFECT BREAST CANCER RISK?

DECREASES RISK

INCREASES RISK



Maintaining healthy weight



Being overweight or obese

Exercising regularly, on average three to four hours a week



Sedentary lifestyle



One or more full-term pregnancies

Drinking more than one alcoholic drink a day



First full-term pregnancy before age 25

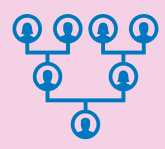


Exposure to high-dose radiation, particularly before age 40

Aging



Breast feeding for more than 15 months (total months across all children)

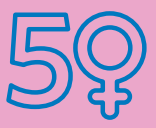


Family history of breast cancer

Inherited genetic mutations (e.g., BRCA1)



Menopause before age 50



Using hormone therapy after menopause