

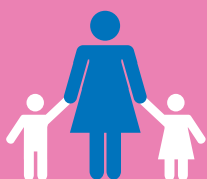
WHAT FACTORS AFFECT BREAST CANCER RISK?

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