Breast Cancer Risk Factors

**FAMILY HISTORY AND GENETICS**
- Relatives with breast cancer or ovarian cancer at a young age
- Changes in BRCA1 or BRCA2 genes related to breast cancer

**LIFESTYLE**
- Sedentary lifestyle & inactivity
- Being overweight after menopause
- Smoking
- Drinking more than 2 drinks per day

**MENSTRUATION**
- Starting your period before age 12
- Starting menopause after age 55

**MOTHERHOOD**
- Having children after age 35 or never having children
- Not breastfeeding your babies

**HORMONES**
- Some types of hormone replacement therapy (HRT) increase your risk for breast cancer. Ask your doctor if HRT is necessary.

**OTHER RISK FACTORS**
- Getting older
- Radiation treatment to the chest area
- Breast cancer or certain other breast problems in the past

Earliest screening and detection decreases mortality rates and leads to a great range of treatment options.

4,000 new cases in Alabama each year.