

Research has shown that women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of developing a disease.

Demographic Risk Factors:

- Female gender
- Advancing age
- Personal or family history (first-degree relative)
- Race/Ethnicity
- Genetics (BRCA mutations)

Reproductive Risk Factors:

- Early age of menarche
- Late age of first birth
- Few or no pregnancies
- No breastfeeding
- Late age at menopause

Lifestyle Risk Factors:

- Overweight or obesity
- Lack of physical activity
- Alcohol consumption

Other Risk Factors:

- History of radiation
- Hormonal therapy use

For more information and resources, visit AAHealth.org

