

# Risks and Prevention

Hormonal, lifestyle, and environmental factors may increase your risk of breast cancer.<sup>5</sup> These factors include the following:



**Being female:** Breast cancer is more common among women than men.<sup>2</sup>

**Oestrogen exposure:** Several hormonal factors such as exposure to oestrogen may influence a woman's risk.<sup>2</sup>

**Bone density:** Research shows a link between higher bone density and higher breast cancer risk.<sup>2</sup>

**Inherited genes:** Certain gene mutations (BRCA1 and BRCA2) that increase the risk of breast cancer can be passed from parents to children.<sup>5</sup> While these genes can increase your risk of breast cancer, they do not make cancer inevitable.<sup>5</sup> Furthermore, many people who are diagnosed with breast cancer have no family history of the disease.<sup>5</sup>

**Getting older:** The risk of getting breast cancer increases with age. Most cases are detected after the age of 50.<sup>7</sup>

**Family history of breast cancer:** A woman's risk for breast cancer is higher if her mother, sister, daughter or multiple family members have had breast or ovarian cancer.<sup>7</sup>

**Personal history of breast cancer:** Women who have had breast cancer are more likely to get breast cancer a second time.<sup>7</sup>

**Breast density:** Women with dense breasts are more likely to get breast cancer.<sup>7d</sup> In addition, dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumours on a mammogram.<sup>7</sup>

**Diet:** Making good food choices to maintain a healthy weight can help prevent cancer. Eat less red meat, processed meat, and salt. Eat more fresh fruit, vegetables, cereals, and legumes. Avoid sweet drinks and cut back on high calorie foods.<sup>3</sup>

**Obesity:** Eating too many high calorie meals results in weight gain which could lead to obesity, which is related to a higher cancer risk.<sup>3</sup>

**Alcohol:** If you choose to drink, limit your alcohol intake to one drink a day.<sup>4</sup>

**Physical activity:** Aim for at least 30 minutes of exercise most days of the week.<sup>5</sup>

LEARN MORE ABOUT  
BREAST CANCER

SIGNS AND SYMPTOMS OF  
BREAST CANCER

SCREENING, DETECTION  
AND DIAGNOSIS

BREAST CANCER  
TREATMENT

*You could potentially save lives by sharing this important information.*

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