RISK FACTORS

Growing older is the biggest risk for breast cancer.

Personal history of breast cancer increases risk for recurrence.

Family history of breast cancer.

More than two alcoholic drinks per week.

Smoking.

Prolonged, uninterrupted exposure to estrogen can increase breast cancer risk. Increased estrogen production begins at menstruation, and continues until menopause is final. Estrogen-based risk factors related to breast cancer are:

- starting menstruation at a young age
- going through menopause at a late age
- taking menopause hormone therapy for more than five years
- never having had a full-term pregnancy
- having a first full-term pregnancy after age 30
- being overweight (fat cells generate more estrogen)