



### [Know Your Cancer Risk](#)

Take the ACS CancerRisk360™ assessment to learn more about what you can change to improve your health. By taking 5 minutes to answer a few questions, we will give you a personalized roadmap of actions with helpful resources you can use to lower your risk of cancer.

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## Breast Cancer Risk Factors You Cannot Change

A risk factor is anything that increases your chances of getting a disease, such as breast cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease.

Some risk factors for breast cancer are things you cannot change, such as getting older or inheriting certain gene changes. These make your risk of breast cancer higher.

For information on other known and possible breast cancer risk factors, see:

- [Lifestyle-related Breast Cancer Risk Factors](#)
- [Factors with Unclear Effects on Breast Cancer Risk](#)
- [Disproven or Controversial Breast Cancer Risk Factors](#)
  
- [Being born female](#)
- [Getting older](#)
- [Inheriting certain gene changes](#)
- [Having a family history of breast cancer](#)
- [Having a personal history of breast cancer](#)
- [Race and ethnicity](#)
- [Being taller](#)
- [Having dense breast tissue](#)
- [Having certain benign breast conditions](#)
- [Starting menstrual periods early](#)
- [Going through menopause later](#)

- [Having radiation to your chest](#)
- [Exposure to diethylstilbestrol \(DES\)](#)

## Being born female

This is the main risk factor for breast cancer. Men can get breast cancer, too, but this disease is much more common in women than in men.

## Getting older

As you get older, your risk of breast cancer goes up. Most breast cancers are found in women age 55 and older.

## Inheriting certain gene changes

About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene changes (mutations) passed on from a parent.

***BRCA1 and BRCA2:*** The most common cause of hereditary breast cancer is an inherited mutation in the *BRCA1* or *BRCA2* gene. In normal cells, these genes help make proteins that repair damaged DNA. Mutated versions of these genes can lead to abnormal cell growth, which can lead to cancer.

- If you have inherited a mutated copy of either gene from a parent, you have a higher risk of breast cancer.
- On average, a woman with a *BRCA1* or *BRCA2* gene mutation has up to a 7 in 10 chance of getting breast cancer by age 80. This risk is also affected by how many other family members have had breast cancer. (It goes up if more family members are affected.)
- Women with one of these mutations are more likely to be diagnosed with breast cancer at a younger age, as well as to have cancer in both breasts.
- Women with one of these gene changes also have a higher risk of developing ovarian cancer and some other cancers. (Men who inherit one of these gene changes also have a higher risk of breast and some other cancers.)
- In the United States, *BRCA* mutations are more common in Jewish people of Ashkenazi (Eastern Europe) origin than in other racial and ethnic groups, but anyone can have them.



## Testing for Breast Cancer Risk.

### Having a family history of breast cancer

It's important to note that most women who get breast cancer do **not** have a family history of the disease. But women who have close blood relatives with breast cancer have a higher risk:

- Having a first-degree relative (mother, sister, or daughter) with breast cancer almost doubles a woman's risk. Having 2 first-degree relatives increases her risk by about 3-fold.
- Women with a father or brother who has had breast cancer also have a higher risk of breast cancer.

### Having a personal history of breast cancer

A woman with cancer in one breast has a higher risk of developing a new cancer in the other breast or in another part of the same breast. (This is different from a recurrence or return of the first cancer.) Although this risk is low overall, it's even higher for younger women with breast cancer.

### Race and ethnicity

Overall, White women are slightly more likely to develop breast cancer than African American women, although the gap between them has been closing in recent years. In women under age 40, breast cancer is more common in African American women. African American women are also more likely to die from breast cancer at any age. Asian, Hispanic, and Native American women have a lower risk of developing and dying from breast cancer.

Risk in different groups also varies by type of breast cancer. For example, African American women are more likely to have the less common triple-negative breast cancer.

### Being taller

Many studies have found that taller women have a higher risk of breast cancer than shorter women. The reasons for this aren't exactly clear, but it may have something to



Mastitis (infection of the breast) is not a tumor and does not increase the risk of breast cancer.

**Proliferative lesions without atypia (cell abnormalities):** In these conditions there's excessive growth of cells in the ducts or lobules of the breast, but the cells don't look very abnormal. These conditions seem to raise a woman's risk of breast cancer slightly. They include:

- Usual ductal hyperplasia (without atypia)
- Fibroadenoma
- Sclerosing adenosis
- Several papillomas (called **papillomatosis**)
- Radial scar

**Proliferative lesions with atypia:** In these conditions, the cells in the ducts or lobules of the breast tissue grow excessively, and some of them no longer look normal. These types of lesions include:

- [Atypical ductal hyperplasia \(ADH\)](#)<sup>2</sup>
- [Atypical lobular hyperplasia \(ALH\)](#)<sup>3</sup>

Breast cancer risk is about 4 to 5 times higher than normal in women with these changes. If a woman also has a family history of breast cancer and either hyperplasia or atypical hyperplasia, she has an even higher risk of breast cancer.

### **Lobular carcinoma in situ (LCIS)**

In [LCIS](#)<sup>4</sup>, cells that look like cancer cells are growing in the lobules of the milk-producing glands of the breast, but they are not growing through the wall of the lobules. LCIS is not considered to be cancer, and it typically does not spread beyond the lobule (that is, it doesn't become invasive breast cancer) if it isn't treated. But women with LCIS have a 7 to 12 times higher risk of developing breast cancer (which can be in either breast).

For more on these conditions, see [Non-cancerous Breast Conditions](#)<sup>5</sup>.

### **Starting menstrual periods early**

Women who have had more menstrual cycles because they started menstruating early (especially before age 12) have a slightly higher risk of breast cancer. The increase in risk may be due to a longer lifetime exposure to the hormones estrogen and

progesterone.

## Going through menopause later

Women who have had more menstrual cycles because they went through menopause later (typically after age 55) have a slightly higher risk of breast cancer. The increase in risk may be because they have a longer lifetime exposure to the hormones estrogen and progesterone.

## Having radiation to your chest

Women who were treated with [radiation therapy](#)<sup>6</sup> to the chest for another cancer (such as Hodgkin or non-Hodgkin lymphoma) when they were younger have a significantly higher risk for breast cancer. This risk depends on their age when they got radiation. The risk is highest for women who had radiation as a teen or young adult, when the breasts were still developing. Radiation treatment in older women (after about age 40 to 45) does not seem to increase breast cancer risk.

## Exposure to diethylstilbestrol (DES)

From the 1940s through the early 1970s some pregnant women were given an estrogen-like drug called DES because it was thought to lower their chances of losing the baby (miscarriage). These women have a slightly increased risk of developing breast cancer. Women whose mothers took DES while they were pregnant with them may also have a slightly higher risk of breast cancer.

To learn more, see our information about [DES exposure](#)<sup>7</sup>.

## Hyperlinks

1. [www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/mammograms/breast-density-and-your-mammogram-report.html](http://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/mammograms/breast-density-and-your-mammogram-report.html)
2. [www.cancer.org/cancer/diagnosis-staging/tests/biopsy-and-cytology-tests/understanding-your-pathology-report/breast-pathology/atypical-hyperplasia.html](http://www.cancer.org/cancer/diagnosis-staging/tests/biopsy-and-cytology-tests/understanding-your-pathology-report/breast-pathology/atypical-hyperplasia.html)
3. [www.cancer.org/cancer/diagnosis-staging/tests/biopsy-and-cytology-](http://www.cancer.org/cancer/diagnosis-staging/tests/biopsy-and-cytology-)





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## Lifestyle-related Breast Cancer Risk Factors



Women who are overweight also tend to have higher blood insulin levels. Higher insulin levels have been linked to some cancers, including breast cancer.

Still, the link between weight and breast cancer risk is complex. For example:

- The risk of breast cancer **after** menopause is higher for women who gained weight as an adult.
- For women who are overweight or obese **before** menopause, the risk is actually lower.

The reasons for this aren't exactly clear.

Weight might also have different effects on different types of breast cancer. For example:

- Being overweight after menopause is more strongly linked with an increased risk of [hormone receptor-positive breast cancer](#)<sup>4</sup>.
- Some research suggests that being overweight before menopause might increase your risk of the less common [triple-negative breast cancer](#)<sup>5</sup>.

[The American Cancer Society recommends](#)<sup>6</sup> you stay at a healthy weight throughout your life and avoid excess weight gain by balancing your food and drink intake with physical activity.

## Not being physically active

Evidence is growing that regular physical activity reduces breast cancer risk, especially in women past menopause. The main question is how much activity is needed. Some studies have found that even as little as a couple of hours a week might be helpful, although more seems to be better.

Exactly how physical activity might reduce breast cancer risk isn't clear, but it may be due to its effects on body weight, inflammation, and hormone levels.

[The American Cancer Society recommends](#)<sup>7</sup> that adults get 150 to 300 minutes of moderate intensity or 75 to 150 minutes of vigorous intensity activity each week (or a combination of these). Getting to or going over the upper limit of 300 minutes is ideal.

## Not having children

Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk overall. Having many pregnancies and becoming pregnant at a young age reduces breast cancer risk.

Still, the effect of pregnancy on breast cancer risk is complex. For example, the risk of breast cancer is higher for about the first decade after having a child. The risk then becomes lower over time.

## Not breastfeeding

Most studies suggest that breastfeeding may slightly lower breast cancer risk, especially if it continues for a year or more. But this has been hard to study, especially in countries like the United States, where breastfeeding for this long is uncommon.

A possible explanation for this effect is that breastfeeding reduces a woman's total number of lifetime menstrual cycles (the same as starting [menstrual periods at a later age or going through early menopause](#)).

## Birth control

Some birth control methods use hormones, which might increase breast cancer risk.

**Oral contraceptives:** Most studies have found that women using oral contraceptives (birth control pills) have a slightly higher risk of breast cancer than women who have never used them. Once the pills are stopped, this risk seems to go back to normal within about 10 years.

**Birth control shots:** Some studies have suggested that getting long-acting progesterone shots (such as Depo-Provera) every 3 months for birth control might increase breast cancer risk, but not all studies have found this.

**Birth control implants, intrauterine devices (IUDs), skin patches, vaginal rings:** These forms of birth control also use hormones, which in theory could fuel breast cancer growth. Some studies have suggested a link between use of hormone-releasing IUDs and breast cancer risk, but few studies have looked at the use of birth control implants, patches, and rings and breast cancer risk.

## Menopausal hormone therapy

Menopausal hormone therapy (MHT) with estrogen (often combined with progesterone)

has been used for many years to help relieve symptoms of menopause and help prevent osteoporosis (thinning of the bones). This treatment also goes by other names, such as post-menopausal hormone therapy (PHT) and hormone replacement therapy (HRT).

There are 2 main types of hormone therapy:

- For women who still have a uterus (womb), doctors generally prescribe estrogen and progesterone (known as **combined hormone therapy**, or just **HT**). Progesterone is needed because estrogen alone can increase the risk of cancer of the uterus.
- For women who've had a hysterectomy (who no longer have a uterus), estrogen alone can be used. This is known as **estrogen replacement therapy (ERT)** or just estrogen therapy (ET).

**Combined hormone therapy (HT):** Use of combined hormone therapy after menopause increases the risk of breast cancer. This increase in risk is typically seen after about 4 years of use. Combined HT also increases the likelihood that the cancer may be found at a more advanced stage.

The increased risk from combined HT appears to apply mainly to current and recent users. A woman's breast cancer risk seems to go back down within about 5 years of stopping treatment, although the increased risk does not go away completely.

**Bioidentical hormone therapy:** The word *bioidentical* is sometimes used to describe versions of estrogen and progesterone with the same chemical structure as those found naturally in people (as opposed to the slightly different versions found in most medicines). The use of these hormones has been marketed as a safe way to treat the symptoms of menopause. But because there aren't many studies comparing "bioidentical" or "natural" hormones to synthetic versions of hormones, there's no proof that they're safer or more effective. More studies are needed to know for sure. Until then, the use of these bioidentical hormones should be considered to have the same health risks as any other type of hormone therapy.

**Estrogen therapy (ET):** Studies of the use of estrogen alone after menopause have had mixed results. Some have found a slightly higher risk, while others have found no increase in risk, or even a slight decrease in risk. If ET does increase the risk of breast cancer, it is not by much.

At this time there aren't many strong reasons to use post-menopausal hormone therapy (either combined HT or ET), other than possibly for the short-term relief of menopausal

symptoms. Along with the increased risk of breast cancer, combined HT also appears to increase the risk of heart disease, blood clots, and strokes. It does lower the risk of [colorectal cancer](#)<sup>8</sup> and osteoporosis, but this must be weighed against the possible harms, especially since there are other ways to prevent and treat osteoporosis, and [screening](#)<sup>9</sup> can sometimes prevent colon cancer. While it's not clear if ET increases breast cancer risk, it does increase the risk of stroke.

The decision to use HT should be made by a woman and her doctor after weighing the possible risks and benefits (including the severity of her menopausal symptoms), and considering her other risk factors for heart disease, breast cancer, and osteoporosis. If they decide she should try HT for symptoms of menopause, it's usually best to use it at the lowest dose that works for her and for as short a time as possible.

To learn more, see [Menopausal Hormone Therapy and Cancer Risk](#)<sup>10</sup>ot clear if ET increasesesc1 080.95 0 1 71 14ear if

5. [www.cancer.org/cancer/types/breast-cancer/about/types-of-breast-cancer/triple-negative.html](http://www.cancer.org/cancer/types/breast-cancer/about/types-of-breast-cancer/triple-negative.html)
6. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html)
7. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html)
8. [www.cancer.org/cancer/types/colon-rectal-cancer/causes-risks-prevention/prevention.html](http://www.cancer.org/cancer/types/colon-rectal-cancer/causes-risks-prevention/prevention.html)
9. [www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html](http://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html)
10. [www.cancer.org/cancer/risk-prevention/medical-treatments/menopausal-hormone-replacement-therapy-and-cancer-risk.html](http://www.cancer.org/cancer/risk-prevention/medical-treatments/menopausal-hormone-replacement-therapy-and-cancer-risk.html)
11. [www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery/breast-reconstruction-options/breast-reconstruction-using-implants.html](http://www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery/breast-reconstruction-options/breast-reconstruction-using-implants.html)

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## Factors with Unclear Effects on Breast Cancer Risk

There are some things that might be risk factors for breast cancer, but the research is not yet clear about whether they really affect breast cancer risk.

For information on other known and possible breast cancer risk factors, see:

- [Lifestyle-related Breast Cancer Risk Factors](#)
- [Breast Cancer Risk Factors You Cannot Change](#)
- [Disproven or Controversial Breast Cancer Risk Factors](#)
  
- [Diet and vitamins](#)
- [Chemicals in the environment](#)
- [Tobacco smoke](#)
- [Night shift work](#)

### Diet and vitamins

While being [overweight or obese and not being physically active](#) have been linked to breast cancer risk, the possible link between diet and breast cancer risk is less clear. Results of some studies have suggested that diet may play a role, while others have not found that diet influences breast cancer risk.

Studies of women in the United States have not found a consistent link between **high-fat diets** and getting breast cancer, although some studies have found a possible link between high-fat diets and a higher risk of *dying* from breast cancer. Studies have also found that breast cancer is less common in countries where the typical diet is low in total fat, low in polyunsaturated fat, and low in saturated fat. Researchers are still not sure how to explain this. Studies comparing diet and breast cancer risk in different countries are complicated by other differences (such as activity level, intake of other nutrients, and genetic factors) that might also affect breast cancer risk.

We do know that high-fat diets can lead to being overweight or obese, which is a known breast cancer risk factor. A diet high in fat is also a risk factor for some other types of cancer. And eating certain types of fat is clearly linked to a higher risk of heart disease.

Some studies have also suggested that **diets high in fruits and vegetables and calcium-rich dairy products, but low in red and processed meats** might lower the risk of breast cancer. This remains an active area of research.

Several studies looking at women in Asian countries have found that **diets high in soy products** might lower breast cancer risk. But this link has not been as clear in studies looking at women in Western countries. This might be because Asian women generally eat more soy products (and start at an earlier age) than Western women.

Studies looking at **vitamin levels** in the body have had inconsistent results. So far, there's no strong evidence that taking vitamins (or any other type of dietary supplement) reduces the risk of breast cancer.

The lack of a strong link between diet and breast cancer in studies so far doesn't mean that there's no point in eating a healthy diet. A diet low in fat, red meat, and processed meat and high in fruits and vegetables can have many health benefits, including lowering the risk of some other types of cancer.

## Chemicals in the environment

A great deal of research has been reported and more is being done to understand possible environmental influences on breast cancer risk.

Chemicals in the environment that have estrogen-like properties are of special interest. For example, substances found in some plastics, certain cosmetics and personal care products, pesticides, and PCBs (polychlorinated biphenyls) seem to have such properties. In theory, these could affect breast cancer risk.

At this time research does not show a clear link between breast cancer risk and exposure to these substances, but it is hard to study such effects in humans. More studies are needed in this area.

## **Tobacco smoke**

Some studies have found that heavy smoking over a long time might be linked to a slightly higher risk of breast cancer. In some studies, the risk has been highest in certain groups, such as women who started smoking before they had their first child. The 2014 US Surgeon General's report on smoking concluded that there is "suggestive but not sufficient" evidence that smoking increases the risk of breast cancer.

Researchers are also looking at whether [secondhand smoke](#)<sup>1</sup> increases the risk of breast cancer. Both mainstream and secondhand smoke contain chemicals that, in high concentrations, cause breast cancer in rodents. Studies in rodents have shown that chemicals in tobacco smoke reach breast tissue and are found in breast milk. In human studies, the evidence on secondhand smoke and breast cancer risk is not clear. Most studies have not found a link, but some studies have suggested it might increase risk, particularly in premenopausal women. The 2014 US Surgeon General's report concluded that there is "suggestive but not sufficient" evidence of a link at this point. In any case, this possible link to breast cancer is yet another reason to avoid secondhand smoke.

## **Night shift work**

Women who work at night, such as nurses on a night shift, might have an increased risk of breast cancer. This is an active area of research. This effect may be due to changes in levels of melatonin, a hormone that's affected by the body's exposure to light, but other hormones are also being studied.

## **Hyperlinks**

1. [www.cancer.org/cancer/risk-prevention/tobacco/secondhand-smoke.html](http://www.cancer.org/cancer/risk-prevention/tobacco/secondhand-smoke.html)

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# Disproven or Controversial Breast Cancer Risk Factors

There are some factors that research has shown are not linked to breast cancer. You may see information online or hear about these disproven or controversial risk factors, but it's important to learn the facts.

For information on known and possible breast cancer risk factors, see:

- [Lifestyle-related Breast Cancer Risk Factors](#)
- [Breast Cancer Risk Factors You Cannot Change](#)
- [Factors with Unclear Effects on Breast Cancer Risk](#)
  
- [Antiperspirants](#)
- [Bras](#)
- [Induced abortion](#)

## Antiperspirants

Online and social media rumors have suggested that chemicals in underarm antiperspirants are absorbed through the skin, interfere with lymph circulation, and cause toxins to build up in the breast, eventually leading to breast cancer.

Based on the available evidence (including what we know about how the body works), there is little if any reason to believe that antiperspirants increase the risk of breast cancer. For more information, see [Antiperspirants and Breast Cancer Risk](#)<sup>1</sup>.

## Bras

Online and social media rumors and at least one book have suggested that bras cause breast cancer by obstructing lymph flow. There is no scientific or clinical basis for this claim, and a 2014 study of more than 1,500 women found no association between wearing a bra and breast cancer risk.

## Induced abortion

Several studies have provided very strong data that neither induced abortions nor spontaneous abortions (miscarriages) have an overall effect on the risk of breast cancer. For more detailed information, see [Abortion and Breast Cancer Risk<sup>2</sup>](#).

## Hyperlinks

1. [www.cancer.org/cancer/risk-prevention/chemicals/antiperspirants-and-breast-cancer-risk.html](http://www.cancer.org/cancer/risk-prevention/chemicals/antiperspirants-and-breast-cancer-risk.html)
2. [www.cancer.org/cancer/risk-prevention/medical-treatments/abortion-and-breast-cancer-risk.html](http://www.cancer.org/cancer/risk-prevention/medical-treatments/abortion-and-breast-cancer-risk.html)

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# Can I Lower My Risk of Breast Cancer?

There is no sure way to prevent breast cancer. But there are steps you can take that might lower your risk.

- [Lowering your risk](#)
- [Steps all women can take](#)
- [What to consider for women at increased risk of breast cancer](#)
- [Is there a link between diet/vitamins and breast cancer risk?](#)

## Lowering your risk

A **risk factor** is anything that increases your chances of getting a disease, like breast cancer.

Many risk factors for breast cancer are beyond your control, like being born female and getting older. But other risk factors can be changed. This includes lifestyle changes like being physically active and staying at a healthy weight. Making these changes may lower your chance of getting breast cancer.

If you are at increased risk for breast cancer, there are a few additional steps you can take that might reduce your risk.

## Steps all women can take

There are several things all women can do to lower the risk of developing breast cancer.



walk. It causes a slight increase in heart rate and breathing. You should be able to talk, but not sing during the activity.

**Vigorous activity** is an activity performed at a higher intensity. Vigorous activities cause an increased heart rate, sweating, and a faster breathing rate.

### **Avoid or limit alcohol**

[Alcohol](#)<sup>1</sup> increases risk of breast cancer. Even drinking small amounts of alcohol has been linked with an increase in risk. It is best not to drink alcohol at all. For women who do drink, they should have no more than 1 alcoholic drink a day. A drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits (hard liquor).

### **Consider other factors that might lower your risk**

Women who choose to breastfeed for at least several months after childbirth may also get an added benefit of reducing their breast cancer risk.

Using [hormone therapy after menopause](#)<sup>2</sup> can increase your risk of breast cancer. To avoid this, talk to your health care provider about non-hormonal options to treat menopausal symptoms.

### **What to consider f**

If there are reasons to think you might have inherited a gene change that increases your risk of breast cancer (such as having a strong family history of breast cancer, or a family member with a known gene mutation), you might want to talk to your doctor about genetic counseling to see if you should be tested. To learn more, see [Genetic Counseling and Testing for Breast Cancer Risk](#).

If you decide to be tested and a gene change is found, this might affect your decision about using the options below to help lower your risk for breast cancer (or find it early)

### **Medicines to lower breast cancer risk**

Prescription medicines can be used to help lower breast cancer risk in certain women at increased risk of breast cancer.

Medicines such as **tamoxifen** and **raloxifene** block the action of estrogen in breast tissue. Tamoxifen might be an option even if you haven't gone through menopause, while raloxifene is only used for women who have gone through menopause.

Other drugs, called **aromatase inhibitors**, might also be an option for women past

provider to understand your risk of breast cancer and how much these approaches might affect your risk.

### **Close observation**

For women at increased breast cancer risk who don't want to take medicines or have surgery, some doctors might recommend **close observation**. This approach might include:

- More frequent doctor visits (such as every 6 to 12 months) for breast exams and ongoing risk assessment
- Starting breast cancer screening with yearly [mammograms](#)<sup>5</sup> at a younger age
- Possibly adding another screening test, such as [breast MRI](#)<sup>6</sup>

While this approach doesn't lower breast cancer risk, it might help find it early, when it's likely to be easier to treat.

### **Is there a link between diet/vitamins and breast cancer risk?**

The possible link between diet and breast cancer risk is not clear, but this is an active area of study. Some (but not all) studies have suggested that a diet that is high in vegetables, fruit, and calcium-rich dairy products, but low in red and processed meats might help lower the risk of breast cancer.

It's also not clear if specific vegetables, fruits, or other foods can lower risk. And most studies have not found that lowering fat intake has much of an effect on breast cancer risk.

## [Know Your Cancer Risk](#)<sup>8</sup>

Take the ACS CancerRisk360™ assessment to learn more about what you can change to improve your health. By taking 5 minutes to answer a few questions, we will give you a personalized roadmap of actions with helpful resources you can use to lower your risk of cancer.

## Hyperlinks

1. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html)
2. [www.cancer.org/cancer/risk-prevention/medical-treatments/menopausal-hormone-replacement-therapy-and-cancer-risk.html](http://www.cancer.org/cancer/risk-prevention/medical-treatments/menopausal-hormone-replacement-therapy-and-cancer-risk.html)
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## Genetic Counseling and Testing for Breast Cancer Risk

Some people inherit changes (mutations) in certain genes that increase their risk of breast cancer (and possibly other cancers). Genetic testing can look for mutations in some of these genes.

While it can be helpful in some cases, not everyone needs to be tested, and each person should carefully consider the pros and cons of testing. It's very important to understand what genetic testing can and can't tell you before these tests are done.

- [Inherited gene changes that can increase breast cancer risk](#)
- [Considering genetic counseling and testing for breast cancer risk](#)
- [Testing for BRCA and other gene mutations](#)
- [How genetic testing is done](#)
- [Getting the results of genetic testing](#)
- [Direct-to-consumer genetic tests](#)

### Inherited gene changes that can increase breast cancer risk

## ***BRCA1* and *BRCA2* gene mutations**

## Considering genetic counseling and testing for breast cancer risk

If you're concerned about your risk because of a personal or family history of breast cancer, talk with your doctor. As a first step, your doctor might use one of several **risk assessment tools** that are now available. These mathematical models use your family history and other factors to help give you and your doctor a better idea about your risk of having an inherited *BRCA* gene mutation. But these assessment tools aren't perfect, and each one might give different results, so doctors are still trying to figure out how best to use them.

Regardless of whether one of these tools is used, your doctor might suggest you could benefit from speaking with a genetic counselor or other health professional who is trained in genetic counseling. They can review your family history in detail to see how likely it is that you have a [family cancer syndrome](#)<sup>2</sup> such as HBOC. The counselor can also describe genetic testing to you and explain what the tests might be able to tell you, which can help you decide if genetic testing is right for you.

Genetic testing is covered by many health insurance plans, but it might not be covered (or might be covered only partially) by some of them.

If you do decide to get tested, the genetic counselor (or other health professional) can also help explain what the results mean, both for you and possibly other family members. To learn more about genetic testing in general, see [Genetics and Cancer](#)<sup>3</sup>.

## Testing for *BRCA* and other gene mutations

Some expert groups have developed guidelines for which women (and men) should consider genetic counseling and possibly testing for *BRCA* and other gene mutations. These guidelines can be complex, and not all doctors agree with them, but in general they include two main groups of people:

**Women who have already been diagnosed with breast cancer:** Most doctors agree that not all women with breast cancer need genetic counseling and testing. But counseling and testing is more likely to be helpful if:

- You were diagnosed with breast cancer at a younger age
- You have triple-negative breast cancer
- You have been diagnosed with a second breast cancer (not a recurrence of the first cancer)
- You are of Ashkenazi Jewish descent

- You have a family history of breast cancer (especially at a younger age or in men), ovarian cancer, pancreatic cancer, or prostate cancer

**Other groups of people:** Genetic counseling and testing might also be recommended for other people who are at higher risk for inherited gene mutations, including:

- People with a known family history of a *BRCA* (or other) gene mutation
- Women diagnosed with ovarian cancer or pancreatic cancer, or men diagnosed with breast cancer, pancreatic cancer, or high-grade or metastatic prostate cancer
- People with a family history of breast cancer at a younger age, more than one family member with breast cancer, or breast cancer in a male family member
- People with a close family member with a history of ovarian cancer, pancreatic cancer, or metastatic prostate cancer

## How genetic testing is done

Genetic testing can be done on samples of blood or saliva, or from a swab of the inside of a cheek. The samples are sent to a lab for testing.

There are many different possible mutations in the *BRCA* genes. Testing can look for one (or a few) specific mutation(s), or more extensive testing can be done to look for many different *BRCA* mutations. For example, if someone is being tested because they have a family member with a known *BRCA* mutation, testing might focus only on that specific mutation. In people of Ashkenazi Jewish descent, testing might focus on the specific *BRCA* mutations that are most common in this group of people. But if there's no reason to suspect a specific gene change, testing will likely look for many different *BRCA* mutations. Depending on the situation, testing might be done to look for changes in other genes as well.

## Getting the results of genetic testing

Before getting genetic testing, it's important to know ahead of time what the results might or might not tell you about your risk. Genetic testing is not perfect. The tests might not provide clear answers for some people. This is why meeting with a genetic counselor or cancer genetics professional is important, even before being tested.

The results of genetic testing might come back as:



- **Positive for a mutation that was tested for.** If the test does find an important mutation, there might be [steps you can take to help lower your risk of breast cancer](#) (or other cancers). If you've already been diagnosed with breast cancer, a positive result might affect your breast cancer treatment options.
- **Negative for the mutation(s) tested for.** It can be reassuring to find out that the test didn't find a mutation that increases your risk. But it's important to know that genetic test results can't always guarantee that you're not at increased risk. For instance, there might be a chance that you have a gene change that is not currently being tested for.
- **Inconclusive.** In some cases, the test might not be able to tell for sure if you have a gene mutation.
- **Positive for a variant of unknown significance (VUS).** This means that the test found a gene change (variant), but it's not known if this particular change affects your risk.

To learn more about these different types of test results, see [What Happens During Genetic Testing for Cancer Risk?](#)<sup>4</sup>

The results of genetic testing can sometimes be complex or confusing, which is why it's important to go over them with a genetic counselor or cancer genetics professional. They can explain what they might mean for you (and possibly other family members).

## Direct-to-consumer genetic tests

Some genetic tests are now available directly to the public, but there are some concerns with these types of tests. For example, a test that looks for a small number of *BRCA1* and *BRCA2* gene mutations has been approved by the FDA. However, there are more than 1,000 known *BRCA* mutations. This means there are many *BRCA* mutations that would not be detected by this test. People with a negative test result might assume they don't have to be concerned about their risk, when in fact they might still have a different *BRCA* mutation.

Our section on [genetics and cancer](#)<sup>5</sup> has more information about genetic mutations and testing for them.

## Hyperlinks

1. [www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes.html](http://www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes.html)
2. [www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes.html](http://www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes.html)
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# Deciding Whether to Use Medicine to Reduce Breast Cancer Risk

For women with a higher-than-average risk of breast cancer, some medicines can help reduce this risk. But these drugs can also have side effects, so it's important to weigh their pros and cons before deciding to take one.

## Chemoprevention

[hyperplasia \(ALH\)](#)<sup>3</sup>

- Having a gene mutation linked to a [family cancer syndrome](#)<sup>4</sup> (such as a *BRCA* mutation)

Some of these factors can increase your risk more than others.

### How is breast cancer risk assessed?

Researchers have built some statistical models to help predict a woman's risk of getting breast cancer.

For example, the [Breast Cancer Risk Assessment Tool](#)<sup>5</sup> (based on the modified **Gail Model**) is commonly used to assess risk. It can estimate your risk of getting breast cancer in the next 5 years and over your lifetime, based on many of the factors listed above.

This tool only looks at family history in close relatives (like siblings, parents, and children), though. And it can't be used to estimate risk if you have a history of ductal carcinoma in situ (DCIS), lobular carcinoma in situ (LCIS), or breast cancer, or if you have a family cancer syndrome.

Also, the data that this tool is based on didn't include American Indian or Alaskan Native women, so estimates for these women may not be accurate.

Other risk assessment tools, such as the **Tyrer-Cuzick model** and the **Claus model**, are based largely on family history. These tools are used mainly by genetic counselors and other health care professionals.

These tools can give you a rough estimate of your risk, but no tool or test can tell for sure if you'll develop breast cancer.

### How high does my risk need to be?

There is no single definition of a higher-than-average risk of breast cancer. But most major studies have used a 1.7% risk of developing breast cancer over the next 5 years as their cut-off point. (This is the average risk for a 60-year-old woman.)

Some medical organizations recommend that doctors discuss the use of medicines to lower breast cancer risk in women at least 35 years old who have a 5-year risk of 1.7% or higher. Others might use different cutoff points.

The American Cancer Society does not have recommendations for using medicines to help lower the risk of breast cancer.

## **Are there reasons not to take one of these drugs to help reduce breast cancer risk?**

All drugs have risks and side effects that must be discussed when making the decision about chemoprevention.

Most experts agree that **tamoxifen and raloxifene** should not be used to reduce breast cancer risk in women who:

- Have a higher risk of serious blood clots\*
- Are pregnant or planning to become pregnant
- Are breastfeeding
- Are taking estrogen (including birth control pills or shots, or menopausal hormone therapy)
- Are taking an aromatase inhibitor
- Are younger than 35 years old

\*Women who have a higher risk of serious blood clots include those who have **ever** had serious blood clots (deep venous thrombosis [DVT] or a pulmonary embolism [PE]). Many doctors also feel that if you've had a stroke or heart attack, or if you smoke, are obese, or have (or are being treated for) high blood pressure or diabetes, you also have a higher risk of serious blood clots. Women with any of these conditions should ask their doctors if the benefits of taking one of these drugs would outweigh the risks.

A woman who has been diagnosed with any type of uterine cancer or atypical

you.

To learn more about the use of these medicines for chemoprevention, see:

- [Tamoxifen and Raloxifene for Lowering Breast Cancer Risk](#)
- [Aromatase Inhibitors for Lowering Breast Cancer Risk](#)

## Hyperlinks

1. [www.cancer.org/cancer/types/breast-cancer/about/types-of-breast-cancer/dcis.html](http://www.cancer.org/cancer/types/breast-cancer/about/types-of-breast-cancer/dcis.html)
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3. [www.cancer.org/cancer/types/breast-cancer/non-cancerous-breast-conditions/hyperplasia-of-the-breast-ductal-or-lobular.html](http://www.cancer.org/cancer/types/breast-cancer/non-cancerous-breast-conditions/hyperplasia-of-the-breast-ductal-or-lobular.html)
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## Tamoxifen and Raloxifene for Lowering Breast Cancer Risk

Tamoxifen and raloxifene have been shown to reduce the risk of breast cancer in women with a higher-than-average risk, but these drugs can have their own risks and side effects.

- [What kind of drugs are tamoxifen and raloxifene?](#)
- [How much do these drugs lower the risk of breast cancer?](#)
- [Are there other benefits to taking these drugs?](#)
- [What are the main risks and side effects of taking these drugs?](#)

### What kind of drugs are tamoxifen and raloxifene?

Tamoxifen and raloxifene are the only drugs approved in the US to help lower the risk of breast cancer, although for some women, other drugs called [aromatase inhibitors](#) might be an option as well.

Tamoxifen and raloxifene are **selective estrogen receptor modulators (SERMs)**. This means that they act against (or block) estrogen (a female hormone) in some tissues of the body, but act like estrogen in others.

Estrogen can fuel the growth of breast cancer cells. Both tamoxifen and raloxifene block estrogen in breast cells. This is why these drugs can be useful in lowering breast cancer risk.

These drugs are used more often for other reasons.

Tamoxifen is used mainly to treat [hormone receptor-positive breast cancer](#)<sup>1</sup> (breast cancer with cells that have estrogen



If you had a baseline risk of only 1.7% in the next 5 years (which is what many expert groups use as a cutoff point for being at 'increased risk'), a 40% change would mean

concern that they might also increase your risk of heart attack or stroke, although this is not clear. You might want to discuss this with your doctor, especially if you have a history of a heart attack or stroke, or if you are at increased risk for them. (See [Deciding Whether to Use Medicine to Reduce Breast Cancer Risk](#).)

## Cancers of the uterus

Because **tamoxifen** acts like estrogen in the uterus, it can increase your risk of cancers of the uterus, including [endometrial cancer](#)<sup>2</sup> and [uterine sarcoma](#)<sup>3</sup>. It's also linked to a higher risk of endometrial pre-cancers. The increased risk seems to affect women over 50, but not younger women.

The overall increase in the risk of uterine cancer with tamoxifen use is low (less than 1%), and it goes back to normal within a few years of stopping the drug.

If you have had a hysterectomy (surgery to remove the uterus), you are not at risk for endometrial cancer or uterine sarcoma and do not have to worry about these cancers.

If you are taking tamoxifen, tell your doctor if you have any abnormal vaginal bleeding or spotting, especially after menopause, as these are possible symptoms of uterine cancer.

**Raloxifene** does not act like estrogen in the uterus and is not linked to an increased risk of uterine cancer.

## Hyperlinks

1. [www.cancer.org/cancer/types/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-hormone-receptor-status.html](http://www.cancer.org/cancer/types/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-hormone-receptor-status.html)
2. [www.cancer.org/cancer/types/endometrial-cancer.html](http://www.cancer.org/cancer/types/endometrial-cancer.html)
3. [www.cancer.org/cancer/types/uterine-sarcoma.html](http://www.cancer.org/cancer/types/uterine-sarcoma.html)

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## Aromatase Inhibitors for Lowering

# Breast Cancer Risk

**Aromatase inhibitors (AIs)** are drugs used to lower breast cancer risk in some post-menopausal women. For post-menopausal women with a higher-than-average risk of breast cancer, these drugs may be an option instead of tamoxifen or raloxifene.

- [What are aromatase inhibitors?](#)
- [Can aromatase inhibitors lower the risk of breast cancer?](#)
- [What are the risks and side effects of aromatase inhibitors?](#)

## What are aromatase inhibitors?

Aromatase inhibitors (AIs) lower estrogen levels by stopping an enzyme in fat tissue (called **aromatase**) from changing other hormones into estrogen. (Estrogen can fuel the growth of breast cancer cells.)

These drugs don't stop the ovaries from making estrogen. They only lower estrogen levels in women whose ovaries aren't making estrogen (such as women who have already gone through menopause). Because of this, they are used mainly in women who have gone through menopause already.

The AIs that have been shown in studies to lower breast cancer risk include:

- **Anastrozole (Arimidex)**
- **Exemestane (Aromasin)**

Like tamoxifen, these drugs are more often used to treat hormone receptor-positive breast cancer than to lower breast cancer risk.

When used to lower breast cancer risk, these drugs are typically taken for 5 years. They are pills taken once a day.

## Can aromatase inhibitors lower the risk of breast cancer?

In large studies, both anastrozole and exemestane have been shown to lower breast cancer risk in postmenopausal women who are at increased risk.

While these drugs are not FDA approved to lower breast cancer risk, some expert groups include them as options (along with )

cancer risk in post-menopausal women at increased risk. For example, they might be a reasonable option for women who have an increased risk of blood clots and therefore should not take tamoxifen or raloxifene.

## What are the risks and side effects of aromatase inhibitors?

The most common side effects of AIs are **symptoms of menopause**, such as hot flashes, night sweats, and vaginal dryness.

These drugs can also cause **muscle and joint pain**. This side effect can be serious enough to cause some women to stop taking the drugs.

Unlike tamoxifen and raloxifene, AIs tend to speed up bone thinning, which can lead to **osteoporosis**. People with osteoporosis are more likely to have broken bones. Because of this, doctors often recommend checking bone density before starting one of these drugs.

AIs may **raise cholesterol**. Women with pre-existing heart disease who take an AI may be at higher risk of having a heart problem.

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## Preventive Surgery to Reduce Breast Cancer Risk

Some women with a very high risk of breast cancer may choose preventive surgery to remove their breasts. This surgery is called a **prophylactic mastectomy**. (**Prophylactic means something used to prevent disease.**)

- [Should I consider surgery to lower my risk of breast cancer?](#)
- [Prophylactic mastectomy](#)
- [Prophylactic oophorectomy \(removal of the ovaries\)](#)
- [Other options to reduce breast cancer risk](#)

### Should I consider surgery to lower my risk of breast cancer?

You might consider preventive surgery if you:

- Have a mutation in the [BRCA1 or BRCA2 gene](#) (or certain other genes that increase breast cancer risk) that is found by [genetic testing](#)
- Have a strong family history of breast cancer (such as breast cancer in several close relatives, or breast cancer in at least one relative at a young age)
- Had radiation therapy to the chest before age 30
- Have (or have had) cancer in one breast (especially if you also have a strong family

history)

Like any type of surgery, a mastectomy can have risks and side effects, some of which could affect your quality of life. Because of this, preventive surgery is not usually a good option for women who are at average risk of breast cancer, or for those who are at only slightly increased risk.

For women who are known (or strongly suspected) to have a *BRCA1* or *BRCA2* gene mutation, a **prophylactic oophorectomy** (removal of the ovaries) might be recommended as well.

## Prophylactic mastectomy

A prophylactic mastectomy is surgery to remove one or both breasts to lower the chances of getting breast cancer. There are [different types of mastectomies](#)<sup>1</sup> that might be options.

A prophylactic mastectomy can lower breast cancer risk by 90% or more, but it doesn't guarantee that you will not get breast cancer. This is because it's not possible to remove all breast cells, even with a mastectomy. The breast cells that are left behind might still go on to become cancer.

A prophylactic mastectomy might be considered in two main situations.

### For women at very high risk of breast cancer

For women in this group, removing both breasts (known as a **bilateral prophylactic mastectomy**) before cancer is diagnosed can greatly reduce (but not eliminate) the risk of getting breast cancer.

Unfortunately there's no way to know for sure ahead of time if a woman will benefit from this surgery. Most women with a *BRCA1* or *BRCA2* gene mutation will develop breast cancer at some point. Having a prophylactic mastectomy before the cancer develops might add many years to their lives. But not all women with *BRCA1* or *BRCA2* gene mutations benefit from this surgery.

Some women who have already been diagnosed with breast cancer choose to have the other breast removed at the same time of surgery to remove the breast with cancer. This operation (known as a **contralateral prophylactic mastectomy**, or CPM) can help lower their risk of developing a second breast cancer.

This is more likely to be a good option for women who also have other factors that increase their risk of getting another breast cancer, such as a *BRCA1* or *BRCA2* mutation or a strong family history of breast cancer.

But for women who don't have a family history or other risk factors for breast cancer, the benefit of CPM is less clear. Having breast cancer does raise your risk of getting cancer in the other breast, but this risk is still usually low, and many women overestimate this risk. And while CPM lowers the risk of getting cancer in the other breast, it does not increase most women's chances of living longer.

Other issues might also be important when considering a CPM. For example, after a mastectomy, the breasts may no longer look the same, even if a woman has [breast reconstruction](#)<sup>2</sup>. Removing both breasts (possibly followed by reconstruction) can help the breasts look more symmetrical after treatment.

Before having this type of surgery, it's very important to talk with a member of your cancer care team or a genetic counselor so that you understand how much you might benefit from it, versus the likelihood of risks and side effects. You might also want to get a second medical opinion, as well as talk to others who have had this surgery, before deciding if it's right for you.

## **Prophylactic oophorectomy (removal of the ovaries)**

Women with a *BRCA1* or *BRCA2* mutation have a high risk of developing breast cancer and ovarian cancer.

Most doctors recommend that women with a *BRCA1* or *BRCA2* mutation have surgery to remove their ovaries (and usually the attached fallopian tubes as well) once they've finished having children. This operation, known as a **prophylactic oophorectomy**, greatly reduces the risk of ovarian cancer. Some studies have suggested it might lower the risk of breast cancer as well, although not all studies have found this. Some women choose to have this surgery done along with a prophylactic mastectomy.

Removing the ovaries causes a woman to go into menopause. This can lead to symptoms such as hot flashes, trouble sleeping, vaginal dryness, loss of bone density, and anxiety or depression.



Again, it's important to talk to your health care team so that you're well informed about the possible benefits, risks, and side effects of this type of surgery. You might also want to talk to other women who have had this surgery before deciding if it's right for you.

## Other options to reduce breast cancer risk

If you're concerned about your breast cancer risk, talk to your health care provider. They can help you estimate your risk based on your age, family history, and other factors. If you are at increased risk, you might consider taking [medicines](#) that can help lower your risk. Your health care provider might also suggest you have more intensive [screening](#)<sup>3</sup> for breast cancer, which might include starting screening at a younger age or having other tests in addition to mammography.

There are also other things that all women can do to help lower their risk of breast cancer, such as being active, staying at a healthy weight, and limiting or not drinking alcohol. For more information, see [Can I Lower My Risk of Breast Cancer?](#)

## Hyperlinks

1. [www.cancer.org/cancer/types/breast-cancer/treatment/surgery-for-breast-cancer/mastectomy.html](http://www.cancer.org/cancer/types/breast-cancer/treatment/surgery-for-breast-cancer/mastectomy.html)
2. [www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery.html](http://www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery.html)
3. [www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html](http://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html)

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