

# Understanding Breast Cancer Risk Factors, and when to consider Genetic Testing

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# 1 in 8

women will be **diagnosed** with **breast cancer** in their lifetime.

factors  
you can control

factors  
you cannot control



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The main risk factor for breast cancer is being female.

While men can be diagnosed with breast cancer it is significantly more common in women.



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Women's lifetime

**1 in 8 women** diagnosed with **breast cancer** in her **lifetime**

Women ages 70-79

1 in 14 women

Women ages 60-69

1 in 23 women

Women ages 50-59

1 in 48 women

Women ages 40-49

1 in 167 women

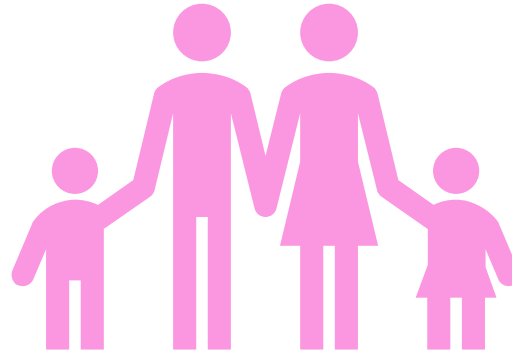
Women ages 30-39

1 in 1000 women



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While **family history** is a significant **risk factor**, did you know that **more than 70% of women** who develop breast cancer **do not** have a **family history** of the disease?



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**Factors, not in your control, in addition to gender, age and family history.**

genetics	some benign breast conditions	personal history of breast cancer
dense breast tissue	race & ethnicity	previous chest radiation
recent oral contraception use	menstrual period & menopause	exposure to estrogen



**There are factors you can control to reduce your risk of developing breast cancer.**



Avoid or limit alcohol consumption

Work towards/ maintain a healthy weight

Be physically active

Quit smoking or using tobacco

Enjoy a low-fat diet high in fruits and vegetables

Discuss with your health care provider the risk/benefit to post menopausal hormone therapy



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Talk with your  
healthcare provider  
about if genetic testing  
is right for you

Understand  
hereditary risk

Based on findings,  
discuss early detection  
and prevention  
measures



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