




Breast Cancer Risk Factors



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How can I help myself?

- Know if I am more likely to get breast cancer
- Understand my breasts
- Routinely follow good breast health practices




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Will I get Breast Cancer?




- Being female and getting older put you at some risk for breast cancer.
- Knowing the risk factors may help you lower your personal risk



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Risk Factors (KNOWN)






-  **Age (as you get older, more risk)**
-  **Female (but men get breast cancer too)**
-  **Previous personal history of breast cancer**
-  **Previous personal history of breast problems (lumps, discharge)**

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Risk Factors (KNOWN)







-  **Unusual findings on previous exam**
-  **Parent, sibling, child diagnosed with breast cancer (family history)**
-  **Early menarche/1st moon; late menopause; no full-term births (long term endogenous hormone exposure)**
-  **Hormone replacement therapy**

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Risk Factors (POSSIBLE)



-  **No breast feeding, or breast fed for less than 6 months**
-  **High calorie / high fat diet**
-  **Environmental factors (pollution)**
-  **"Other lifestyle behaviors" (e.g., heavy alcohol use)**

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These statements are ***not*** true.



- You don't need to worry about lumps that don't hurt.
- Breast cancer doesn't occur in Natives.
- Breast cancer cannot be cured.

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Most women who get breast cancer have none of the risk factors other than age and gender.



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For more information, contact

Native American Cancer Research
1-800-537-8295
or in Denver 303-837-7163




The National Cancer Institute's
Cancer Information Service
1-800-4-CANCER
www.cancer.gov



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Native C.I.R.C.L.E.
*The American Indian/Alaska Native Cancer Information
 Resource Center and Learning Exchange*



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For further information:
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 E-mail: NatAmTLR@aol.com
 E-mail: NatAmLisaH@aol.com
Survivors' toll free number: 800-537-8295



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 1-800-537-8295
 Web Page: <http://www.natamcancer.org>



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