

# Breast Cancer Risk Factors At a Glance



## Personal factors

### Age

50 years old vs. 30 years old

10 ▲

### Height

172 cm vs. 162 cm (average female height in Australia)

▲ 1.17

152 cm vs. 162 cm (average female height in Australia)

0.85 ▲

### Mammographic breast density

Moderately dense breasts vs. averagely dense breasts

▲ 1.53

Moderately non-dense breasts vs. averagely dense breasts

0.65 ▲

## Medical history and medications

### Combined oral contraceptive pill

5 years use (and currently using) vs. never used

▲ 1.07

### Combined menopausal hormone therapy

Current use vs. never used

▲ 1.72

### Exposure to diethylstilboestrol (DES) while pregnant

Women exposed to DES during pregnancy vs. women not exposed

▲ 1.27

## Reproductive factors

### Age when periods started

Periods started at 10 years or less vs. periods started at 13 years

▲ 1.19

Periods started at 16 years or more vs. periods started at 13 years

0.82 ▲

### Age when first child was born

Age at first birth 30 years or more vs. age at first birth 25-29 years

▲ 1.20

### Having children

1 birth vs. no births

0.93 ▲

2 births vs. no births

0.86 ▲

3 births or more vs. no births

0.73 ▲

### Breastfeeding

Breastfeeding for 12 months vs. no breastfeeding

0.95 ▲

Breastfeeding for 24 months vs. no breastfeeding

0.91 ▲

### Age at menopause

Age at menopause 55 years or more vs. 50-54 years

▲ 1.12

Age at menopause 45-49 years vs. 50-54 years

0.86 ▲

## Family history and genetic factors

### Family history of breast cancer

1 or more second degree relative/s vs. no relatives with a diagnosis of breast cancer

▲ 1.50

1 first degree relative vs. no relatives with a diagnosis of breast cancer

▲ 1.80

2 first degree relatives vs. no relatives with a diagnosis of breast cancer

▲ 2.93

3 or more first degree relatives vs. no relatives with a diagnosis of breast cancer

▲ 3.90

### Genetic mutations \*

BRCA1 gene mutation carrier vs. general population

▲ 5.91

BRCA2 gene mutation carrier vs. general population

▲ 3.31

PALB2 gene mutation carrier vs. general population

▲ 3.39

TP53 gene mutation carrier vs. general population

▲ 5.37

PTEN gene mutation carrier vs. general population

▲ 5.83

\* Risk estimates vary across studies

## Lifestyle factors

### Body mass index (postmenopausal women)

Overweight (BMI = 27.5 kg/m<sup>2</sup>) vs. healthy weight (BMI = 22.5kg/m<sup>2</sup>)

▲ 1.12

Obese (BMI = 32.5 kg/m<sup>2</sup>) vs. healthy weight (BMI = 22.5kg/m<sup>2</sup>)

▲ 1.25

Severely obese (BMI = 37.5 kg/m<sup>2</sup>) vs. healthy weight (BMI = 22.5kg/m<sup>2</sup>)

▲ 1.40

### Adult weight gain (postmenopausal women)

Weight gain (5kg) vs. no weight gain

▲ 1.06

Weight gain (10kg) vs. no weight gain

▲ 1.12

Weight gain (20kg) vs. no weight gain

▲ 1.26

### Alcohol consumption

2 drinks per day vs. no daily alcohol consumption

▲ 1.15

4 drinks per day vs. no daily alcohol consumption

▲ 1.31

6 drinks per day vs. no daily alcohol consumption

▲ 1.50

### Physical activity

Most active vs. least active (postmenopausal women)

0.87 ▲

Most vigorously active vs. least vigorously active (premenopausal women)

0.83 ▲

**Disclaimer:** This graphic represents best estimates of relative risk, sourced from the strongest quality evidence, for women who have not been diagnosed with invasive breast cancer. Details for each estimate can be found in the technical report *Risk factors for breast cancer: a review of the evidence*. This information is not intended to provide breast cancer risk estimates for any individual person or replace a clinician's judgement in any individual case.