

Breast cancer: am I at RISK?

The three main breast cancer risk factors are:



sex

being a woman

is the single biggest risk factor for developing breast cancer.

1 in 8 women

will develop breast cancer in their lifetime.



men
about 390



age

women over 50

Most breast cancers (80%) occur in women over the age of 50.

men over 60

Most men who get breast cancer are over 60.

The older the person the higher the risk



women
over 50
80%



family

inherited genes

5% of breast cancers are due to an inherited altered gene in one of the known breast cancer genes.

family history

A small number of people have an increased risk of developing breast cancer because they have a significant family history.



people with
an inherited
altered gene
5%

Be breast aware

Breast cancer is the most common cancer in the UK, but the earlier it's found the more effective treatment's likely to be. So it's vital to be breast aware. This means getting to know your breasts so you know what's normal for you, and reporting any unusual changes to your GP (local doctor) as soon as you can.

The Breast Cancer Care checklist



Look at and feel your breasts so you know what's normal for you.



Do this regularly to check for changes.



Tell your doctor as soon as possible if you notice anything.

We're facing breast cancer together. Join us.

For more information about breast cancer risk or breast awareness, visit our website:
www.breastcancercare.org.uk
or talk to someone on our Helpline on
0808 800 6000