

Breast cancer risk is influenced by multiple factors, some you can't change, some you can. Having one or more risk factors does not mean you will develop breast cancer, and many people diagnosed have no known risk factors at all.

Risk is about probability, not certainty.

How Risk Works (Quick Overview)

Your overall risk is shaped by:

- **Biology & genetics**
- **Hormones & life events**
- **Breast tissue characteristics**
- **Lifestyle factors**

Risk increases when factors combine, which is why personalized, risk-based screening matters.



Breast cancer risk is individual, dynamic, and manageable with the right information.

CleoCare™

Am I at risk?

Breast Cancer Risk Factors

Explained clearly



Risk Factors You Can't Change

Age

- Risk increases with age
- Most breast cancers are diagnosed after age 50

Family History

- A close relative (mother, sister, daughter) with breast cancer increases risk
- Risk is higher if diagnosis occurred at a younger age or involved multiple relatives

Genetics

- Inherited mutations (such as BRCA1 or BRCA2) significantly increase risk

Breast Density

- It can also make cancer harder to detect on mammograms



Hormonal & Reproductive Factors

Earlier Menstruation / Later Menopause

- Longer lifetime exposure to hormones slightly increases risk

Pregnancy History

- Never having been pregnant or having a first pregnancy later in life may increase risk
- Pregnancy and breastfeeding can be protective over time

Hormone Therapy

- Some forms of hormone replacement therapy (HRT), especially combined estrogen-progestin therapy, are associated with increased risk



Lifestyle-Related Factors

These are where small changes can matter over time.

Alcohol

- Risk increases with the amount consumed but even moderate intake can slightly raise it

Body Weight & Metabolic Health

- Higher body weight is associated with increased risk
- Regular physical activity is protective

Physical Inactivity

- Movement supports hormonal balance and immune health

Smoking

- Smoking is associated with increased risk, especially when started early

