



- |   | 30s      | 40s     | 50s     | 60s     | 70s     |
|---|----------|---------|---------|---------|---------|
| <b>1. Your age</b>  |          |         |         |         |         |
| Risk of breast cancer during the next 10 years*   | 1 in 208 | 1 in 65 | 1 in 42 | 1 in 28 | 1 in 25 |
| <b>2. Family history</b>  |          |         |         |         |         |
| NO ----- First-degree (parent, sibling, or child) relative with breast cancer ----- YES     |          |         |         |         |         |
| <b>3. Possible inherited risk</b>   |          |         |         |         |         |
| NO ----- Breast cancer diagnosed at an early age (younger than 50 years) ----- YES          |          |         |         |         |         |
| NO ----- Family members with the same or related cancers ----- YES                          |          |         |         |         |         |
| NO ----- Multiple generations that were affected ----- YES                                  |          |         |         |         |         |
| (such as great grandparent, grandparent, parent)  |          |         |         |         |         |
| NO ----- A close male blood relative with breast cancer ----- YES                           |          |         |         |         |         |
| <b>4. Estrogen exposure</b>   |          |         |         |         |         |
| YES ----- I got my first period after age 12 ----- NO                                       |          |         |         |         |         |
| YES ----- I gave birth before age 30 ----- NO   |          |         |         |         |         |
| YES ----- I breast fed my baby/babies ----- NO  |          |         |         |         |         |
| YES ----- I started menopause before age 55 ----- NO  |          |         |         |         |         |
| NO ----- I took hormone replacement therapy for 5 years or more ----- YES                   |          |         |         |         |         |
| NO ----- I have recently used hormonal birth control methods ----- YES                      |          |         |         |         |         |
| <b>5. Lifestyle and other factors</b>   |          |         |         |         |         |
| NO ----- I have had chest radiation therapy ----- YES                                       |          |         |         |         |         |
| NO ----- I drink alcoholic beverages ----- YES  |          |         |         |         |         |
| NO ----- I am overweight ----- YES  |          |         |         |         |         |
| NO ----- I am physically inactive ----- YES   |          |         |         |         |         |
| NO ----- I smoke cigarettes and/or other tobacco products ----- YES                         |          |         |         |         |         |
| NO ----- I am exposed to chemicals such as benzenes, pesticides, and formaldehyde ----- YES |          |         |         |         |         |
| NO ----- I have had a previous abnormal breast biopsy ----- YES                             |          |         |         |         |         |

\*National Cancer Institute (NCI)

[www.cancer.gov/types/breast/risk-fact-sheet#what-is-the-average-american-womans-risk-of-developing-breast-cancer-during-her-lifetime](http://www.cancer.gov/types/breast/risk-fact-sheet#what-is-the-average-american-womans-risk-of-developing-breast-cancer-during-her-lifetime)

This document is not a risk assessment tool. This list of breast cancer risk factors is based on information from the National Cancer Institute (NCI). It reviews some of the recognized risk factors for breast cancer but does not calculate your breast cancer risk. Please talk to your doctor to better estimate your breast cancer risk and to make an individualized screening plan.

For more information about breast cancer, turn this page over and visit:

[augusta.edu/cancer](http://augusta.edu/cancer)

## MOST COMMON TYPES OF BREAST CANCER

### Invasive Ductal Carcinoma (IDC)

- 80% of breast cancers
- Cancer that begins in the milk duct and spreads to other breast tissues

### Ductal Carcinoma in Situ (DCIS)

- Most common non-invasive breast cancer

### Lobular Carcinoma

- Begins in the milk glands (lobules)

## REFERENCES & RESOURCES

American Cancer Society (ACS)

National Cancer Institute (NCI)

Breast Cancer.org (English/Spanish)

[www.breastcancer.org](http://www.breastcancer.org)

The American Society of Breast Cancer

Surgeons Foundation provides an interactive website with information and resources about breast cancer. [www.breast360.org](http://www.breast360.org)

Breast Cancer Risk Assessment Tool

An interactive, on-line tool from NCI that helps estimate a woman's risk of developing invasive breast cancer

[www.cancer.gov/bcrisktool](http://www.cancer.gov/bcrisktool)

## APPS FOR MOBILE DEVICES

**Boarding for Breast Cancer (B4BC)** - Free

Breast self-exam guide and monthly reminder, and wellness information -

Available on iTunes and Google Play

**Check Yourself!** - Free

Gives information about treatment options, nearby clinical trials, and symptom tracking to aid in decision-making - Available on iPhone and Android

**Outcomes4Me** - Free

Creative approach to monthly - Available on iPhone and Android

## AUGUSTA UNIVERSITY SERVICES

Breast Health Center

Mammography - 706.721.3252

Radiology Scheduling - 706.721.XRAY (9729)

**FOR MORE INFORMATION**  
[augusta.edu/cancer](http://augusta.edu/cancer)

Georgia Cancer Center  
Cancer Information and Awareness  
1410 Laney Walker Blvd. CN-1179 D  
Augusta, GA 30912

## THIS ILLUSTRATION DEPICTS THE LOBES AND DUCTS OF THE BREASTS.

Lobules

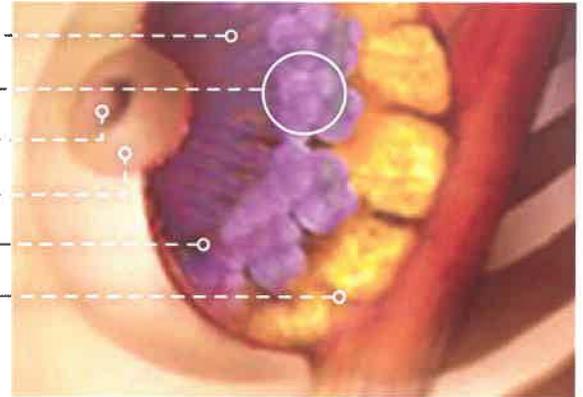
Lobe

Nipple

Areola

Ducts

Fat



Source: August University Instructional Design and Development,  
Lynsey Ekema, MSMI

## GET THE FACTS ABOUT BREAST CANCER IN THE U.S.

- Most common non-skin cancer in women, regardless of race or ethnicity
- 1 in 8 women, or 13%, are diagnosed with breast cancer
- 2nd leading cause of death due to cancer for women (lung cancer is 1st)
- As women get older the chance of being diagnosed with breast cancer increases, but, the risk of breast cancer is not the same for all women in a given age group
- 85% of women diagnosed with breast cancer have no family history of it
- Women who have or had a mother, sister, and/or daughter with breast cancer have a greater risk of developing breast cancer
- Inherited gene defects account for 5-10% of all female breast cancers
- Breast cancers from inherited gene mutations tend to be aggressive
- **Some breast cancer risk factors are modifiable** - a healthy lifestyle, including physical activity and maintaining a healthy weight, may reduce breast cancer risk
- **Long-term weight gain** in post-menopausal women increases breast cancer risk as much as 33%
- **Men** get breast cancer, too, but 100 times less often than women

## SCREENING TIPS

- **Know your breasts** and report any changes in color, size or shape to your healthcare provider
- **Know your family cancer history**
- **Screening needs to be individualized** – work with your doctor

### Screening for average-risk women

- Begin annual screening between ages 40-44 years
- Annual screening ages 45-54 years
- Ages 55+ option to transition to screening every two years or continue annual screening
- Continue mammography as long as overall health is good and as long as there is a life expectancy of 10 years

**NOTE: Screening for women at higher risk (family history, gene mutation, history of radiation)** may start earlier in life and involve more frequent evaluation with imaging (including MRI for some) and clinical breast exam.

## GEORGIA CANCER CENTER

- **Breast Cancer Team** [www.augusta.edu/cancer/patientcare/services-treatment/breast](http://www.augusta.edu/cancer/patientcare/services-treatment/breast)
- **Breast Health Nurse Navigator** 706-723-4319 or 706-721-6744