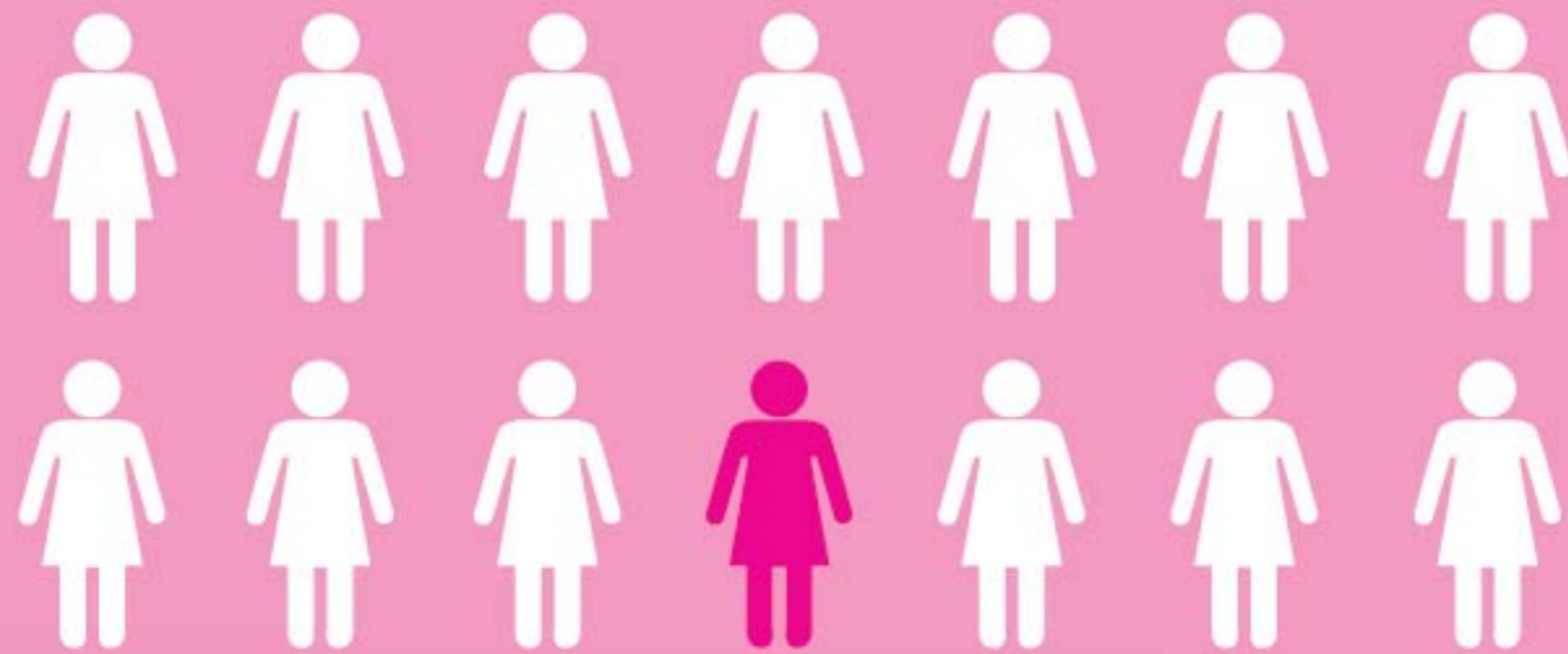


1 IN 14
WOMEN IN SINGAPORE WILL



DEVELOP **BREAST CANCER** BEFORE
THE AGE OF 75¹

AM I AT RISK?

- Certain risk factors can increase a woman's chance of getting breast cancer
- Having one or more risk factors does not mean that you will get breast cancer
- Some women get breast cancer without any of the risk factors



A family history of breast cancer in a first-degree relative:

Most of women who develop breast cancer do not have any family history but

- Having a first-degree relative (mother, sister, or daughter) with breast cancer almost doubles a woman's risk.
- Having 2 first-degree relatives increases her risk about 3-fold.
- Women with a father or brother who have had breast cancer also have a higher risk of breast cancer.



A history of ovarian cancers (BRCA I and BRCA II mutations):

BRCA I and BRCA II mutations increase the risk of breast and ovarian cancers, which tend to develop at younger ages.



Exposure to radiation:

Women who had radiotherapy to the chest or breasts have a higher risk.



Previous breast cancer:

A woman with breast cancer has a higher risk of developing a new cancer in the breast. This is different from a recurrence or return of the first cancer.



A past medical history of certain non-cancerous breast disease:

Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.



Advancing age:

Breast cancer incidence is strongly related to age, with the highest incidence rates overall being in older people. Most breast cancers are diagnosed after age 50.



Being overweight or obese after menopause:

Older women who are overweight or obese have a higher risk of getting breast cancer, as fat tissue may contribute to increases in estrogen levels.



Dense breast tissue:

Dense breasts have more connective tissue than fatty tissue, making it more difficult to detect an abnormality on a mammogram.

- Women with dense breasts are more likely to get breast cancer.
- Breast density incidence tends to be higher in Asian women.