

UNDERSTANDING YOUR RISK

The cause of cancer is often unknown. However, understanding your risk is important in order to build a proper screening and management plan.

Based on the results of your risk assessment, your cancer risk is average. This does not mean you are risk free, and average risk women can still be affected by cancer.

In fact, around **75%** of all breast cancers are found in average risk women.

Women with Average Risk have:

- No family history of certain types of cancer
- No personal history of breast cancer at a young age or ovarian cancer at any age



HOW DOES THIS IMPACT YOU?

Women with average risk should still take time to focus on cancer risk reduction and prevention.

90% of breast cancers have no known cause

These types of breast cancer have a range of risk factors over time. This can include diet, exercise and aging.

40% of women over 40 have dense breasts

Breast density is determined during a mammogram. Dense breast tissue is a risk factor for developing breast cancer.

12% of women will develop breast cancer

Breast cancer is the most common cancer in American women. About 1 in 8 women will be diagnosed.

10% of breast cancers are hereditary

Some people have higher risk of breast and ovarian cancer due to their family history.

LIFESTYLE & CANCER RISK

There are a number of risk factors that can increase your risk of cancer. This includes lifestyle choices you can change, such as diet and exercise.



Alcohol

Drinking can increase risk of breast cancer. Try to drink no more than 1 drink per day.



Diet & Exercise

Maintaining a healthy diet and regular physical activity can greatly reduce your cancer risk.



Smoking

When you smoke, over 7,000 tobacco chemicals damage your body's tissues. Every cigarette increases your cancer risk.

