



Date: 08-14-2024

Your Result

[Schedule Screening Now](#)

**It's important to have regular breast cancer screening.
Ask your health care provider about your screening options.**

- Share any future changes to your family's cancer history with your health care professional.
- Reproductive history and lifestyle factors slightly increase your breast cancer risk. Your doctor can advise you on how to make changes in the factors you can control.
- Some mammogram reports sent to women mention breast density and other reports do not. Dense breast tissue can make it harder to find cancer using a mammogram.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Genetic Risk Factors

Average Risk 

Genetic Risk Factors	Your Risk
Breast cancer in immediate family	<i>Average</i>
Relative with bilateral breast cancer	<i>Average</i>
Relative with breast cancer before age 50	<i>Average</i>
Relative with breast AND ovarian cancer	<i>Average</i>
Male relative with breast cancer	<i>Average</i>
Ovarian cancer in immediate family	<i>Average</i>
2 relatives with breast cancer and/or ovarian cancer	<i>Average</i>
2 relatives with breast cancer and/or bowel cancer	<i>Average</i>
Ashkenazi Jewish Ancestry	<i>Average</i>
Positive test for BRCA1/BRCA2 gene mutation in immediate family	<i>Average</i>

Breast cancer is a complex disease. It's due to DNA changes (mutations) in certain genes. These gene changes usually happen by chance and aren't inherited from a parent.

Most women who have a close relative with breast cancer will never develop the disease. But gene changes can run in families and increase breast cancer risk. A history of breast cancer on either her mother's or father's side of the family may increase a woman's breast cancer risk. This is especially true when breast cancer happens before age 40.

Ashkenazi Jews have a higher chance of inheriting a DNA change in two genes known to greatly increase the risk of breast cancer (BRCA1 or BRCA2). In this group, the risk of carrying a mutation is 1 in 40 compared to 1 in 500 in the general US population.

Women with a history of cancer in their family (see table) should talk to a trained health care professional about their genetic risk.

Personal History Risk Factors

Average Risk 

Personal History Risk Factors	Your Risk
Lobular carcinoma in situ (LCIS)	<i>Average</i>
Ductal carcinoma in situ (DCIS)	<i>Average</i>
Positive test for breast cancer gene mutation	<i>Average</i>
Breast cancer	<i>Average</i>
Chest radiation therapy	<i>Average</i>
Atypical hyperplasia	<i>Average</i>
Dense breast tissue	<i>Average</i>

Inherited genes (DNA) play a role in the risk of breast cancer. But your personal health history factors into your breast cancer risk too.

If you have been diagnosed with atypical hyperplasia you have an increased risk of developing breast cancer in the future.

Certain breast conditions may also increase breast cancer risk. LCIS and DCIS are confusing terms because, although they are considered "stage 0" breast cancer, they may or may not turn into an invasive cancer.

A previous history of breast cancer, having breast cancer gene mutations, dense breast tissue, or a history of radiation therapy to the chest before age 30, may increase breast cancer risk.

Ask your doctor if additional tests, such as ultrasound or MRI, are recommended for you.

Other Risk Factors



Other Risk Factors	Your Risk
Age	<i>Average</i>
Hormonal birth control	<i>Average</i>
Postmenopausal hormone therapy	<i>Average</i>
Breastfeeding history	<i>Decreased</i>
Reproductive history	<i>Increased</i>
Weight after menopause	<i>Increased</i>
Weekly exercise	<i>Average</i>
Alcoholic beverages	<i>Increased</i>

The risk of breast cancer increases with age. Most breast cancers develop slowly over time and are diagnosed after age 50. In fact, breast cancer risk increases across all ages until about age 80.

Reproductive history and breastfeeding history may also contribute to breast cancer risk. This includes factors such as early age of menstruation, never having had a baby or having a first baby after age 30, using hormonal birth control, or hormone therapy after menopause. All of these factors mean the body is exposed to the hormone estrogen for a longer period of time, which increases risk of breast cancer.

About one-third of breast cancers after menopause are linked to factors you can change like obesity, lack of physical activity, and increased alcohol consumption. In fact, physical activity is a protective factor for breast cancer. The good news is that you get more benefit the more you exercise.

You can lower the risk of developing breast cancer by making simple lifestyle changes.

Routine Breast Cancer Screening

Early detection is a key to successfully treating breast cancer. One of the most effective ways to screen for breast cancer is by having regular mammograms.

The age to begin screening may depend on the risk of developing breast cancer. People at increased risk for breast cancer may need to start screening before the age of 40.

Increase the chance of finding a tumor early by understanding your breast cancer screening options, when you should start screening, and how often you should be screened.

Take Your Next Steps

Based on your results, we recommend you schedule a mammogram.

[Schedule an Appointment](#)

Learn about our weight management programs designed to help you achieve a healthier weight and lower your risk.

[Learn More About Weight Loss](#)

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR HEALTHAWARE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Copyright 2024 Unlock Health | All Rights Reserved