

Breast Cancer Fact Sheet

- Overall lifetime risk for woman at average risk is about 12%
- This year, 266,120 new diagnoses of invasive breast cancer will be made in the US.
- 3.1 million women in the US are in treatment or are already survivors of breast cancer.

Risk Factors:

- Sex (Female)
- Genetics
- Age
- Dense Breasts
- Obesity, especially post-menopausal
- Physical Inactivity
- Smoking
- Alcohol: 2-5 drinks per day increases risk by 1.5 times
- Hormones: The more lifetime estrogen exposure, the higher the risk

Want to know YOUR risk?

There are many risk factor calculators out there. Here are some reliable ones, though they tend to “overestimate,” so talk with your doctor about the results.

- The Gail Model
(www.mdcalc.com/gail-model-breast-cancer-risk)
- www.assessyourrisk.com
- ibis.ikonopedia.com

Screening Recommendations:

(These are guidelines for mammogram screening for an average risk woman, from the American Society of Breast Surgeons)

1. Discussion with her physician or healthcare provider to consider screening mammography at ages 40-44 based on a balanced conversation regarding the benefits and risks of mammography.
2. Yearly screening for women ages 45-54.
3. Yearly or every other year screening for women 55 and older based on a shared decision-making discussion with their physician or healthcare provider regarding their benefits and risks of screening timing.
4. Every other year screening for women over the age of 75 if an estimated life expectancy is greater than 10 years.
5. If available, breast tomography, a new digital “3D” mammogram, should be used.