

# BREAST CANCER



## WHAT'S MY RISK?

**BREAST CANCER IS THE MOST  
COMMON CANCER IN THE UK**

**1 IN 7 WOMEN  
WILL BE DIAGNOSED  
WITHIN THEIR  
LIFETIME**



## RISK FACTORS



**DRINKING ALCOHOL CAN  
INCREASE THE RISK  
OF BREAST CANCER**

**LIVING WITH OVERWEIGHT  
OR OBESITY INCREASES THE  
RISK OF POST-MENOPAUSAL  
BREAST CANCER**



**BEING PHYSICALLY ACTIVE  
CAN REDUCE RISK**

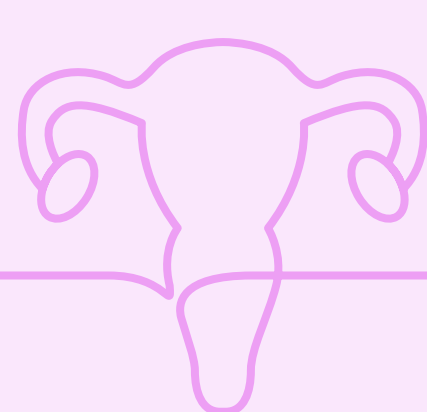
## OTHER RISK FACTORS

### BREASTFEEDING



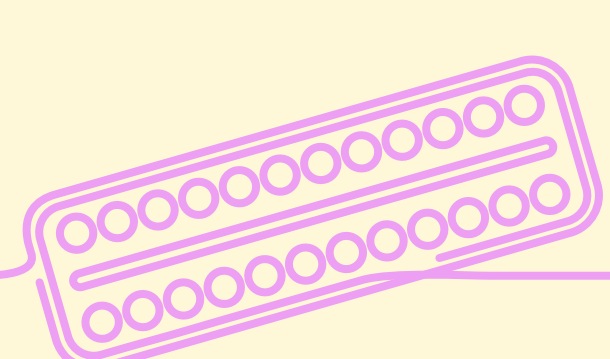
Breastfeeding reduces  
the mother's risk

### HORMONES



Early periods (<12) or  
late menopause (>55)  
can increase risk

### MEDICATION



Very slight increased  
risk from oral contraceptive  
pill and combined HRT

### AGE



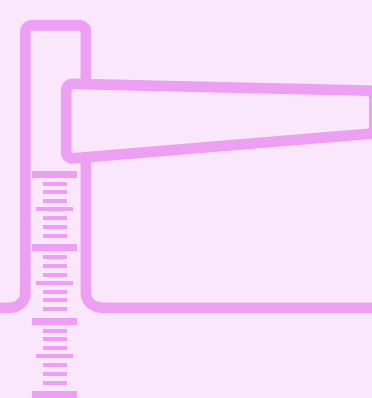
Risk increases  
as you get older

### FAMILY HISTORY



5% of breast cancer  
cases are genetic

### HEIGHT



Being taller is associated  
with increased risk

For more info about what **factors** affect **breast cancer risk** visit:  
[wcrf.org/breast-cancer](http://wcrf.org/breast-cancer)

**FOR CANCER PREVENTION,  
FOLLOW A HEALTHY DIET,  
BE MORE ACTIVE, MAINTAIN  
A HEALTHY BODY WEIGHT  
AND AVOID SMOKING.**



In the last 5 years, we have awarded 16 grants that address  
breast cancer. These grants examine the impact of lifestyle  
on breast cancer risk, treatment and recovery.



[wcrf.org](http://wcrf.org)

Preventing cancer. Saving lives



World  
Cancer  
Research  
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