Breast Cancer Risk Factors At a Glance

Decreased risk   Increased risk

0.1   0.125   0.2   0.25   0.33   0.5   1   2   3   4   5   6   7   8   9 10

Personal factors

Age
50 years old   VS.   30 years old — 10

Height
172 cm   VS.   162 cm (average female height in Australia) — 1.17

152 cm   VS.   162 cm (average female height in Australia) — 0.85

Mammographic breast density
Extremely dense breasts   VS.   averagely dense breasts — 2.14

Medical history and medications

Combined oral contraceptive pill
5 years use (and currently using)   VS.   never used — 1.07

Combined menopausal hormone therapy
Current use   VS.   never used — 1.72

Exposure to diethylstilboestrol (DES) while pregnant
Women exposed to DES during pregnancy   VS.   women not exposed — 1.27

Reproductive factors

Age when periods started
Periods started at 10 years or less   VS.   periods started at 13 years — 1.19

Periods started at 16 years or more   VS.   periods started at 13 years — 0.82

Age when first child was born
Age at first birth 30 years or more   VS.   age at first birth 25-29 years — 1.20

Having children
1 birth   VS.   no births — 0.93

2 births   VS.   no births — 0.73

3 births or more   VS.   no births — 0.86

Breastfeeding
Breastfeeding for 12 months   VS.   no breastfeeding — 0.95

Breastfeeding for 24 months   VS.   no breastfeeding — 0.91

Age at menopause
Age at menopause 55 years or more   VS.   50-54 years — 1.12

Age at menopause 45-49 years   VS.   50-54 years — 0.86

Family history and genetic factors

Family history of breast cancer
1 or more second degree relative/s   VS.   no relatives with a diagnosis of breast cancer — 1.50

1 first degree relative   VS.   no relatives with a diagnosis of breast cancer — 1.80

2 first degree relatives   VS.   no relatives with a diagnosis of breast cancer — 2.93

3 or more first degree relatives   VS.   no relatives with a diagnosis of breast cancer — 3.90

Gene mutation *
BRCA1 gene mutation carrier   VS.   general population — 5.91

BRCA2 gene mutation carrier   VS.   general population — 3.31

PALB2 gene mutation carrier   VS.   general population — 3.39

TP53 gene mutation carrier   VS.   general population — 5.37

PTEN gene mutation carrier   VS.   general population — 5.83

* Risk estimates vary across studies

Lifestyle factors

Body mass index (postmenopausal women)
Overweight (BMI = 27.5 kg/m^2)   VS.   healthy weight (BMI = 22.5kg/m^2) — 1.12

Obese (BMI = 32.5 kg/m^2)   VS.   healthy weight (BMI = 22.5kg/m^2) — 1.25

Severely obese (BMI = 37.5 kg/m^2)   VS.   healthy weight (BMI = 22.5kg/m^2) — 1.40

Adult weight gain (postmenopausal women)
Weight gain (5kg)   VS.   no weight gain — 1.06

Weight gain (10kg)   VS.   no weight gain — 1.12

Weight gain (20kg)   VS.   no weight gain — 1.26

Alcohol consumption
2 drinks per day   VS.   no daily alcohol consumption — 1.15

4 drinks per day   VS.   no daily alcohol consumption — 1.31

6 drinks per day   VS.   no daily alcohol consumption — 1.50

Physical activity
Most active   VS.   least active (postmenopausal women) — 0.87

Most vigorously active   VS.   least vigorously active (premenopausal women) — 0.83