

Understanding breast cancer risk



1 in 8

women are affected
by breast cancer¹

4M

women in the U.S have a
history of breast cancer¹

>316k

new cases were
diagnosed in 2025¹

Risk factors²

Age

Most breast cancers are diagnosed after age 50.

Genetic mutations

Having inherited changes to certain genes, such as BRCA1 and BRCA2 increases the risk of developing breast cancer.

Having dense breasts

Dense breasts have more connective tissue than fatty tissue, which can make it hard to see tumors on a mammogram.

Reproductive history

Having started menstrual periods before age 12, starting menopause after age 55, having a first pregnancy after age 30, not breastfeeding and never having a full-term pregnancy put women at a higher risk of developing breast cancer.

Personal history

Having had breast cancer increases risk of developing breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of developing breast cancer.

Family history

Having a mother, sister, or daughter or multiple family members who have had breast or ovarian cancer increases the risk of developing breast cancer.

Body weight after menopause

Being an older women and overweight or obese raises the risk of developing breast cancer.

Physical activity

Not being physically active increases the risk of developing breast cancer.



Tips to help lower your risk¹



Maintain a healthy
body weight



Be physically
active



Limit alcohol



Talk with your doctor

Discuss risks and benefits of medications/therapies to determine what is right for you



If possible, breastfeed
your children



Discuss family history

Talk with your doctor if you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes

¹Breastcancer.org. Breast cancer facts and statistics [Internet]. Ardmore (PA): Breastcancer.org; [updated 2025 Oct 10; cited 2025 Dec 04]. Available from: <https://www.breastcancer.org/facts-statistics>

²Centers for Disease Control and Prevention. Breast cancer risk factors [Internet]. Atlanta (GA): CDC; 2025 Sep 22 [cited 2025 Dec 04]. Available from: <https://www.cdc.gov/breast-cancer/risk-factors/index.html>

Important breast cancer information



1 in 8
women are affected by breast cancer¹



2nd most diagnosed cancer in women¹

But, when breast cancer is found early, there are more treatment options and a better chance for survival.

Women whose breast cancer is detected in the localized stage have a 99% or higher survival rate in the first five years.³



Symptoms¹

Some warning signs of breast cancer include

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

If symptoms occur contact your doctor immediately and work with them to implement appropriate treatment and monitoring.

Lower your risk¹

Help lower your risk by taking care of your health in the following ways

- Keep a healthy weight
- Be physically active
- Limit alcohol consumption
- If possible, breastfeed your children
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes discuss it with your doctor
- Talk to your doctor about breast cancer screening tests
- Understand possible symptoms of breast cancer

¹Breastcancer.org. Breast cancer facts and statistics [Internet]. Ardmore (PA): Breastcancer.org; [updated 2025 Oct 10; cited 2025 Dec 04]. Available from: <https://www.breastcancer.org/facts-statistics>

²Centers for Disease Control and Prevention. Breast cancer risk factors [Internet]. Atlanta (GA): CDC; 2025 Sep 22 [cited 2025 Dec 04]. Available from: <https://www.cdc.gov/breast-cancer/risk-factors/index.html>

³American Cancer Society. Survival rates for breast cancer [Internet]. Atlanta (GA): American Cancer Society; 2025 Jan 16 [cited 2025 Dec 04]. Available from: <https://www.cancer.org/cancer/types/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html> (cancer.org)

Mammogram truths, myths, & tips



Mammograms can be very important for taking care of yourself. Even though mammograms are common, some people may still have misconceptions. Here's a quick snapshot of what mammograms are and what they are not:

Mammograms are:

- One of the best ways to identify breast cancer early, when it is most responsive to treatment.
- A low-dose X-ray that uses a small level of radiation to produce high-quality images of breast tissue.
- A 20–30-minute procedure, from checking in to leaving the facility.
 - The screening procedure itself tends to run about 10 minutes for most patients.

Mammograms aren't:

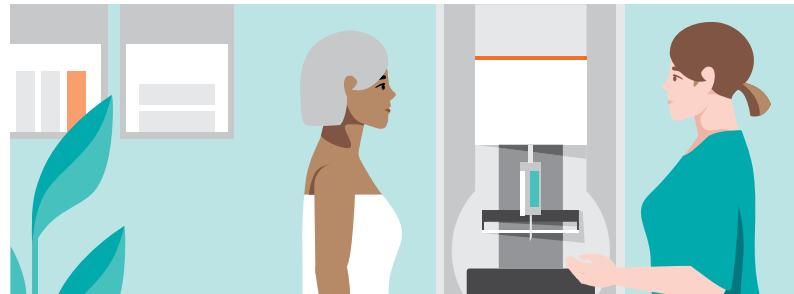
- Dangerous
- Time consuming
- Overly painful
 - Everyone's pain threshold is different, but the compression involved in a mammogram is more often described as discomfort, and typically lasts for just a few seconds at a time.



Tips for preparing for your mammogram

- Schedule your mammogram for when your breasts aren't likely to be tender or swollen, to help reduce discomfort and get good pictures. Avoid the week before your period if possible.
- On the day of the exam, don't apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under your arms or under your breasts. These can affect the imaging results.
- Instead of a dress, you might find it easier to wear a skirt or pants, so that you'll only need to remove your top and bra for the mammogram.

If you have questions about the mammography technology being used during your exam, talk with your doctor.



Comfort and confidence await

Because your provider uses Siemens Healthineers mammography solutions, you have access to systems that offer:

- Images captured from more angles in a single exam, giving your doctor a better view of the breast to help detect more abnormalities sooner
- Customized breast compression for each patient
- Comfortable, rounded paddles that warm up quickly
- A unique imaging process so you don't need to hold your breath during exams
- Calm lighting to help create a more comfortable exam environment

¹How to prepare for a mammogram: Preparation for mammography (no date) American Cancer Society. Available at: <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammograms-what-to-know-before-you-go.html> (Accessed: November 4, 2022).

²4 mammography myths, U.S. Food and Drug Administration. FDA. Available at: <https://www.fda.gov/consumers/womens-health-topics/4-mammography-myths> (Accessed: November 4, 2022).