

Am I at Risk?

Breast Cancer

Most Common Cancer
in Australian women

28.2 %

of all new cancers in women can be attributed to breast cancer.



Also Occurs In Men
although is less common

< 1 %

of breast cancer cases diagnosed each year being in men.



14,000

Australian breast cancer cases are diagnosed each year.

3 Main Breast Cancer Risk Factors



Gender

- Being a woman is the single **biggest risk factor** for developing breast cancer.
- 14,000 new cases of breast cancer are diagnosed **each year** in Australia.
- Of which 115 are in men.



Age

- The older the person the higher the risk.
- One in nine women** will be diagnosed with breast cancer before the age of 85.
- Most breast cancers (75%) occur in women **over the age of 50**.



Family

- 5% of women diagnosed with breast cancer **have inherited a fault** in one of the known breast cancer genes - BRCA1 & BRCA2.
- A small number have an **increased risk** of developing breast cancer because of significant family history.

What Can I Do?



Regular Screening



Mammogram Screening



Adopt a Healthy Lifestyle



Maintain a Healthy Weight and Diet



Monthly Breast Self Examinations



Clinical Examinations



Limit Alcohol Intake



Maintain a Regular Exercise Plan