

BREAST CANCER

PREVENTION TIPES DID YOU KNOW



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The following factors may increase the risk of breast cancer:

Estrogen (endogenous)

Endogenous estrogen is a hormone made by the body. It helps the body develop and maintain female sex characteristics. Being exposed to estrogen over a long time may increase the risk of breast cancer. Estrogen levels are highest during the years a woman is menstruating.

Hormone replacement therapy/Hormone therapy

Hormone replacement therapy (HRT) or hormone therapy (HT) combination HRT/HT is estrogen combined with progesterone. This increases the risk of developing breast cancer.

Obesity

Obesity increases the risk of breast cancer in postmenopausal women who have not used hormone replacement therapy. Thus, low fat diet becomes important.

Alcohol

Drinking alcohol increases the risk of breast cancer.

Diet and Fitness

Poor diet and lack of exercise can increase the risk of developing breast cancer.

Inherited Risk

Mutations in the BRCA1 gene have a higher risk of developing an aggressive form of breast cancer called Triple Negative, which is common in young African American and Hispanic women. Currently no targeted therapies are available. Morehouse School of Medicine researchers are trying to develop targeted therapies for these aggressive cancers that affect younger women.