

MODIFIABLE RISK FACTORS FOR BREAST CANCER



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INTRODUCTION



- Breast Cancer is **abnormal, uncontrolled** growth of **breast tissue cells** which can **invade** surrounding tissues or **spread** to other parts of the body
- Breast Cancer is a Global problem.
- 25% of all cancer cases worldwide and 15% of cancer deaths worldwide.



INTRODUCTION (Contd)

- Diagnosis can be very challenging for the patient, relatives and medical personnel.
- Early presentation and treatment improves outcome.

CAUSE

- Exact cause is not known till date.



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RISK FACTORS

- Characteristics that increase the **chance** of developing a disease.
 - Biological
 - Lifestyle
 - Environmental
- Non-Modifiable or Modifiable

RISK FACTORS FOR BREAST CANCER (NON-MODIFIABLE)

- Sex (Female)
- Age (Increase in age)
- Family History of Cancers
- Prior breast disease
- Genetic Mutations (BRCA)
- Early Menarche (onset of menstruation; <12yrs)
- Late Menopause (Cessation of menstruation; >55yrs)

RISK FACTORS FOR BREAST CANCER (MODIFIABLE)

- Nulliparity (No full term pregnancy)
- Late age at first pregnancy (>30yrs)
- Lack of Breast Feeding (<18mths)
- Oral Contraceptives
- Hormone replacement therapy
- Alcohol
- Obesity
- Diet (e.g. Fatty Food)
- Lack of Exercise



<https://tools.bcsc-scc.org/BC5yearRisk/calculator.htm>

<https://www.cancer.gov/bcrisktool/>



CONCLUSION

- Breast cancer can be survived with early detection and treatment.
- Knowledge of our individual risks is important for prevention and early detection measures (screening).
- Risk modification measures reduce our probability of developing breast cancer.



Prevention is better than cure!!!



THANK YOU!!!