**Breast Cancer Risk Factors**

**At a Glance**

<table>
<thead>
<tr>
<th>Decreased risk</th>
<th>Increased risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>0.33</td>
<td>1.5</td>
</tr>
<tr>
<td>0.25</td>
<td>2.0</td>
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<tr>
<td>0.20</td>
<td>2.5</td>
</tr>
<tr>
<td>0.125</td>
<td>3.0</td>
</tr>
<tr>
<td>0.1</td>
<td>3.5</td>
</tr>
<tr>
<td>0.05</td>
<td>4.0</td>
</tr>
<tr>
<td>0.065</td>
<td>4.5</td>
</tr>
</tbody>
</table>

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### Personal Factors

#### Age

- 50 years old vs. 30 years old: 10x

#### Height

- 172 cm vs. 162 cm (average female height in Australia): 1.17x
- 152 cm vs. 162 cm (average female height in Australia): 0.85x

#### Mammographic breast density

- Moderately dense breasts vs. averagely dense breasts: 1.53x
- Moderately non-dense breasts vs. averagely dense breasts: 0.65x

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### Family History and Genetic Factors

#### Family history of breast cancer

- 1 or more second degree relatives vs. no relatives with a diagnosis of breast cancer: 1.50x
- 1 first degree relative vs. no relatives with a diagnosis of breast cancer: 1.80x
- 2 first degree relatives vs. no relatives with a diagnosis of breast cancer: 2.93x
- 3 or more first degree relatives vs. no relatives with a diagnosis of breast cancer: 3.90x

#### Genetic mutations *

- BRCA1 gene mutation carrier vs. general population: 5.91x
- BRCA2 gene mutation carrier vs. general population: 5.31x
- PALB2 gene mutation carrier vs. general population: 3.39x
- TP53 gene mutation carrier vs. general population: 5.37x
- PTEN gene mutation carrier vs. general population: 5.83x

* Risk estimates vary across studies

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### Medical History and Medications

#### Combined oral contraceptive pill

- 5 years use (and currently using) vs. never used: 1.07x

#### Combined menopausal hormone therapy

- Current use vs. never used: 1.72x

#### Exposure to diethylstilboestrol (DES) while pregnant

- Women exposed to DES during pregnancy vs. women not exposed: 1.27x

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### Lifestyle Factors

#### Body mass index

- Overweight (BMI = 27.5 kg/m²): 1.12x
- Obese (BMI = 32.5 kg/m²): 1.25x
- Severely obese (BMI = 37.5 kg/m²): 1.40x

#### Adult weight gain

- Weight gain (5kg): 1.06x
- Weight gain (10kg): 1.12x
- Weight gain (20kg): 1.26x

#### Alcohol consumption

- 2 drinks per day vs. no daily alcohol consumption: 1.15x
- 4 drinks per day vs. no daily alcohol consumption: 1.31x
- 6 drinks per day vs. no daily alcohol consumption: 1.50x

#### Physical activity

- Most active vs. least active (postmenopausal women): 1.07x
- Most vigorously active vs. least vigorously active (premenopausal women): 0.89x

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**Disclaimer:** This graphic represents best estimates of relative risk, sourced from the strongest quality evidence, for women who have not been diagnosed with invasive breast cancer. Details for each estimate can be found in the technical report: Risk factors for breast cancer: a review of the evidence. This information is not intended to provide breast cancer risk estimates for any individual person or replace a clinician’s judgement in any individual case.