1 IN 14 WOMEN IN SINGAPORE WILL DEVELOP BREAST CANCER BEFORE THE AGE OF 75¹

AM I AT RISK?

- Certain risk factors can increase a woman’s chance of getting breast cancer
- Having one or more risk factors does not mean that you will get breast cancer
- Some women get breast cancer without any of the risk factors

A family history of breast cancer in a first-degree relative:
Most of women who develop breast cancer do not have any family history but
- Having a first-degree relative (mother, sister, or daughter) with breast cancer almost doubles a woman’s risk.
- Having 2 first-degree relatives increases her risk about 3-fold.
- Women with a father or brother who have had breast cancer also have a higher risk of breast cancer.

A history of ovarian cancers (BRCA I and BRCA II mutations):
BRCA I and BRCA II mutations increase the risk of breast and ovarian cancers, which tend to develop at younger ages.

Previous breast cancer:
A woman with breast cancer has a higher risk of developing a new cancer in the breast. This is different from a recurrence or return of the first cancer.

Advancing age:
Breast cancer incidence is strongly related to age, with the highest incidence rates overall being in older people. Most breast cancers are diagnosed after age 50.

Dense breast tissue:
Dense breasts have more connective tissue than fatty tissue, making it more difficult to detect an abnormality on a mammogram.
- Women with dense breasts are more likely to get breast cancer.
- Breast density incidence tends to be higher in Asian women.

Exposure to radiation:
Women who had radiotherapy to the chest or breasts have a higher risk.

A past medical history of certain non-cancerous breast disease:
Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.

Being overweight or obese after menopause:
Older women who are overweight or obese have a higher risk of getting breast cancer, as fat tissue may contribute to increases in estrogen levels.

¹ National Registry of Diseases Office