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A risk factor is something which will make a person gets a particular disease. Having one or more risk factors doesn't mean that a person will develop cancer. However, there are many women who develop breast cancer. Given below is the list of common risk factors for breast cancer:

Being female

Women are very likely to develop breast cancer than men.

Increasing age

As the age increases, the risk of breast cancer increases as well. Women who are older than 55 years of age have a greater risk than that of younger women.

Personal history of breast cancer

If a woman is having breast cancer in one breast, there is an increased risk of developing breast cancer in the other one.

Family history of breast cancer

If a woman is having a sister, mother or a daughter with breast cancer, she will have a greater chance of getting diagnosed with breast cancer. Majority of people who are diagnosed with breast cancer have no family history of the disease. This is considered to be among the most common risk factors for breast cancer.

Inherited genes that increase the risk of breast cancer

There are various gene mutations due to which the risk of breast cancer is increased. This cancer can be passed from parents to children. Some common gene mutations are referred as BRCA2 and BRCA1. The risk of breast cancer greatly increases due to these genes. However, cancer is not made inevitable.

Radiation exposure

If a person has received radiation treatments to the chest as a young adult or a child, he is very likely to develop breast cancer in later life.

Obesity

Being obese or overweight increases the risk of breast cancer. Estrogen is produced by fat tissue. This surely helps in fuelling certain cancers.

Beginning periods at a very young age

If the period begins at a very young age say before the age of 12, the risk of breast cancer increases to a great extent.

Beginning menopause at an older age

If a woman began menopause after 55 years of age, she is very likely to develop breast cancer.

Having first child at an older age

If a woman gives birth to her first child after 35 years of age, the risk of breast cancer is greatly increased.

Postmenopausal hormone therapy

Women who are taking hormone therapy medications which combine progesterone and estrogen for treating menopause increase the risk of breast cancer.

Thus, one must be very careful of these common risk factors for breast cancer.

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