

# Breast Cancer

## Risk factors →

→ Racial/geographical → ↑↑ in developed countries  
(modifiable)  
↑ in Southern Europe  
# Hispanic, African-American Latin America  
↓ in Asia/Africa/Japan.  
at early age  
advanced at menopause.

→ H/o familial Breast Ca → relatives ↑↑

risk ∝ no. of blood relative  
Younger age at development  
BR  
Breast / ovarian ca.

→ menstrual and obs. history m.c. ∝ ↑ risk.

↑ risk → early menarche  
multiparity  
late age of 1st childbirth  
delayed menopause.  
↳ post menopausal obesity  
↓  
extra fat  
↓  
estrogen  
↳ Estrogen.

#1 Estrogen exposure.  
HRT  
Endometrial ca

↳ 1st preg < 20 protective  
> 35 - risk.  
↳ Lactation protective  
○ ovulation and maturation of cell.