

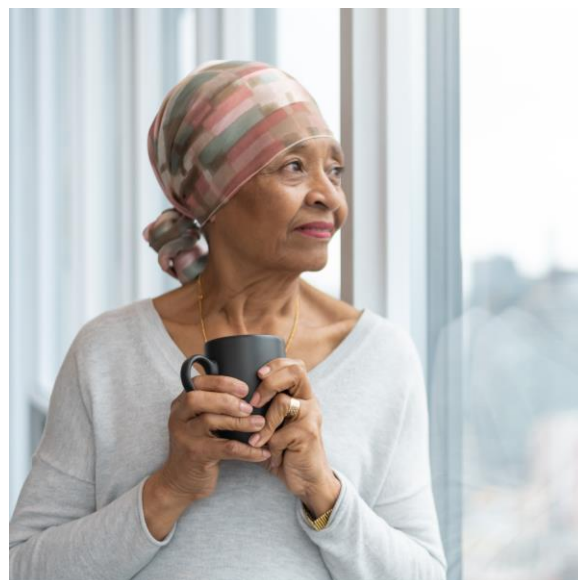
# The risks for breast cancer

Breast cancer is a diverse group of diseases where abnormal cells in the breast grow uncontrollably and eventually spread through the body. Globally, over 2 million women were diagnosed with breast cancer in 2022. Anyone of any gender can develop breast cancer, but there are many factors that may increase your personal risk.

Many women assume that they are not at risk of developing breast cancer because they have no family history. However, did you know that roughly 80-85% of breast cancers occur in women with no family history of the disease?

Risk factors for breast cancer include:

- Being female
- Getting older
- Obesity
- Harmful alcohol use
- Family history
- Gene mutations
- Personal health history of breast cancer and certain breast conditions
- Tobacco use
- Beginning your period before age 12
- Beginning menopause after age 55
- Never getting pregnant
- Having your first child after age 30
- Radiation exposure to the chest



Roughly half of breast cancers develop in people with no identifiable risk factors other than being a female and over age 40. Even women with few risk factors should discuss best practices for screening as they approach 40 years old. If you may be at higher risk, talk to your doctor about your best options for preventing and screening for breast cancer.

Stay tuned for an article all about breast cancer screening.



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