

5 Questions to Check Your Breast Cancer Risk

**October =
Breast Cancer
Awareness
Month**

But let's take it a
step further and
combine awareness
with action.

Take our quick self-assessment test to
see if you're at risk for breast cancer.
Then click through to the end for
recommended next steps.

1.

Are you older than 50?

☐ **Yes**

☐ **No**



Why we ask:

Most cases of breast cancer occur in women older than age 50.

2.

Did you get your first period before age 12?

☐ **Yes**

☐ **No**

Why we ask:

Early menstruation increases your exposure to estrogen, which can raise your breast cancer risk.

3.

If you have children, did you deliver your first baby after age 30?

☐ Yes

☐ No



Why we ask:

You have a greater risk if you first gave birth in your 30s.

4.

If you've started menopause, did you begin after age 55?

☐ Yes

☐ No

Why we ask:

Starting menopause after age 55 exposes you to hormones for a longer amount of time, raising your risk.

5.

Do you have a family history of breast or ovarian cancer?

☐ **Yes**

☐ **No**



Why we ask:

Your risk increases if your mother, sister, or daughter have had breast or ovarian cancer.

If You Answered: All No's

Great! Though keep in mind these aren't the only risk factors. Your health care provider can help you dive deeper if you have concerns.



No matter what, be sure to mark your calendar for mammograms starting at age 40.

If You Answered: At Least 1 Yes

Meet with your provider, talk about your personal risk factors, and ask if it's time to start screenings. Mammograms can help find breast cancer early, when it's easier to treat.