

THE FULL SCOOP

The Full Scoop Patient Risk Assessment Guidelines

Use this information as a helpful guide to support informed and shared decision-making with your healthcare provider.

Together, you can discuss your individual risks, options, and preferences to create the best plan for your breast health.

Risk		Notes to Discuss with Your Provider
	Check if concerned	
Age	☐	Risk increases with age but those with elevated risk may start routine screening around age 24
Gender	☐	In general, being born biologically female has an inherent risk of about 13%, increasing about 1% globally each year
Familial Factors		
Family history 1 st degree	☐	Includes breast, ovarian, colon, and aggressive prostate cancers
Family history 2 nd degree	☐	Includes breast, ovarian, colon, and aggressive prostate cancers
Some Genetic Mutation factors	☐	Discuss genetic testing options if above family cancers are present
Race/ethnicity	☐	Some ethnic/ racial groups have early and more aggressive cancer onsets
Reproductive and Hormonal Factors		
Age at menarche, 1 st birth	☐	Age at Menarche (first period): Early menarche (before age 12) slightly increases breast cancer risk due to prolonged lifetime exposure to estrogen.

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		Age at First Birth: Women who have their first child after age 30 or never have children may have a slightly higher risk compared to those who give birth at a younger age.
Breastfeeding	☐	Breastfeeding slightly lowers breast cancer risk, especially with longer durations, by reducing lifetime exposure to hormones like estrogen.
Hormonal Contraceptives	☐	Hormonal contraceptives slightly increase breast cancer risk while in use, but the risk returns to normal within about 10 years of stopping.
HRT	☐	Hormone replacement therapy (HRT) may increase breast cancer risk. Studies and variables around HRT and breast cancer vary and data aren't consistent.
Menopause	☐	Early menopause (before age ~45) is linked to a slightly lower breast cancer risk, while late menopause (after ~55) is associated with a higher risk. This is because longer exposure to estrogen over a lifetime increases risk.
Medical History		
Breast Density	☐	Dense breast can increase risk 1.4 to 6 times
Prior biopsy	☐	Having a prior breast biopsy, especially if it showed atypical cells, is linked to an increased breast cancer
Metabolic Factors		
Diabetes	☐	Insulin resistant cells increase risk
Thyroid	☐	Some thyroid conditions are linked with an increased risk
Lifestyle Factors		
Alcohol	☐	US Surgeon General correlated 16% of breast cancers in 2019 with alcohol use
BMI	☐	A low BMI in premenopause and a high BMI postmenopause are increased risk factors

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Occupation	☐	Night shift work, veterans, and/or occupational exposure to chemicals may increase your risk
Physical inactivity	☐	Physical inactivity can increase breast cancer risk because it often leads to weight gain and higher body fat, which raises estrogen levels and inflammation—both factors that can promote cancer growth.
Poor nutrition	☐	Poor nutrition is linked to a slightly higher breast cancer risk because unhealthy diets can lead to obesity and inflammation, which promote cancer development.
Smoking	☐	Smoking is linked to a higher breast cancer risk because harmful chemicals in tobacco can damage breast tissue DNA and increase inflammation, which may promote cancer development.

Environmental Factors		
Chemicals	☐	Exposure to certain chemicals may increase breast cancer risk because some substances can disrupt hormones or damage DNA, leading to changes that promote cancer growth.
Pollutants	☐	Exposure to air pollution may slightly increase breast cancer risk because pollutants can cause inflammation and hormone disruption, which can contribute to cancer development.
Radiation	☐	Exposure to radiation, especially during early childhood or adolescence, increases breast cancer risk because radiation can damage DNA in breast cells, leading to mutations that may cause cancer later in life.

Use this information as guidance to have an informed and shared-decision discussion with your provider to assess your possible risk for breast cancer and to plan your effective breast cancer screening plan.