

About us

Contact us

Know your
breast cancer risk



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Learn more about your breast health

Every woman is different

We provide you and your doctor with a Breast Care Plan designed just for you. With only a few questions, we will check if you are at higher-than-average risk for developing breast cancer. For most women at higher risk, the plan may be as simple as an annual mammogram. For others, the plan may include additional imaging tests and risk-reduction strategies.

What are the risk factors?

Several factors are linked to a woman's risk of developing breast cancer:¹

- Age
- Family history of breast cancer
- High breast density (determined from your mammogram)
- Genetics (such as certain *BRCA1* and *BRCA2* mutations)
- Personal history of breast cancer
- Race and ethnicity
- Radiation to the chest or face before age 30
- Gynaecological history
- Hormone use

What if I have some of these risk factors?

Having risk factors doesn't mean that you will develop breast cancer. Unfortunately, some women with very few risk factors will develop breast cancer. We will estimate your risk using the health history information you provide and the breast density from your mammogram. The result helps us personalise your Breast Care Plan.

In Australia, **one woman in seven** will be diagnosed with breast cancer over her lifetime. But five-year survival rates have improved, from 76% to 91% —that's why regular screening, tailored to your risk, and early detection are so important.²

About breast density

High breast density is a strong risk factor for developing cancer and can make it harder for radiologists to see cancer on a mammogram. To optimise accuracy, we use Volpara® Scorecard™ software to determine your breast density.

What should I do if I'm at increased risk?

You may be able to reduce your risk by maintaining a healthy weight, being active, and limiting the amount of alcohol you consume. Some risk factors, however, cannot be changed. Depending on your risk, we may include additional tests in your Breast Care Plan, such as breast ultrasound, breast MRI, or more frequent mammograms. In some cases, referrals to primary care specialists or breast health specialists may help to determine whether genetic testing is appropriate.

Next steps

Talk to your doctor about your Breast Care Plan and other strategies to reduce your risk.

We're happy to help.

Where can I learn more?

nbcf.org.au/about-breast-cancer/prevention-and-risk/tests-and-risk-reduction-strategies

1. <https://www.breastcancerriskfactors.gov.au/>

2. <https://nbcf.org.au/about-breast-cancer/>