

DR VANESSA
ATIENZA-HIPOLITO

40 STORIES FOR 40+ WOMEN

CASE #5

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“Isn’t breast cancer just about genetics?”

Not quite. Genetics is only part of the story.

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Breast cancer risk is **influenced by many factors**. Some you can change. Some you can't.

YOU MAY BE AT RISK IF:

- Have dense breast tissue
- Had your first period before age 12 or late menopause after 55
- Had children late or not at all
- Used HRT for prolonged periods
- Have a personal or family history of breast cancer
- Have genetic mutations (e.g. BRCA1/2)
- Have had prior chest radiation (e.g. lymphoma survivors)

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PROACTIVE LIFE CHOICES

- Maintain a healthy weight
- Exercise regularly
- Limit alcohol
- Breastfeed if possible
- Don't smoke

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 Knowledge = power.

You can't change your family history, but you can change how you manage your risk.

Ask your GP if a breast cancer risk assessment or individualised screening plan is right for you.

References:

- Cancer Australia Risk Factors Guide
- Breast Cancer Network Australia
- Cancer Council WA