

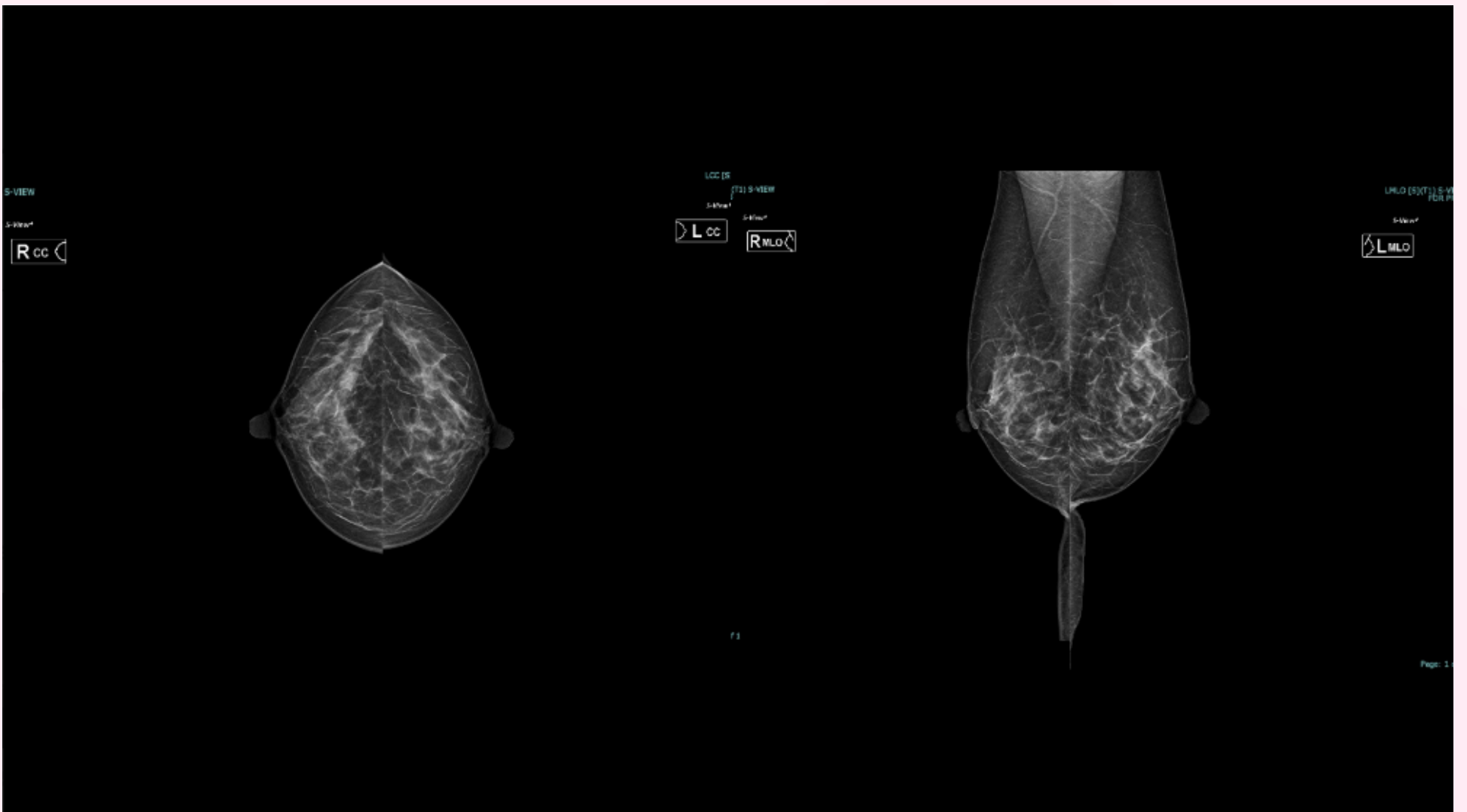
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ATIENZA-HIPOLITO

40 STORIES FOR 40+ WOMEN

CASE #2

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A 48-year-old woman came in for her screening mammogram, anxious about her family history.

Her **maternal aunt had been diagnosed with breast cancer in her 20s**, and she wanted to know: **“Am I at higher risk too?”**

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THE TRUTH ABOUT RISK

Breast cancer is not just about genetics.

Your risk is shaped by a mix of modifiable and non-modifiable factors.

THE R.I.S.K.™ FRAMEWORK

R – Reproductive & Hormonal

- Early period (<12 years)
- Late menopause (>55 years)
- No children or late first pregnancy
- Long-term hormone replacement therapy (HRT)

I – Inherited & Family History

- BRCA1/2 or other gene mutations
- One first-degree relative with breast cancer under age 50
- Two or more first-degree relatives with breast cancer, regardless of age

S – Structural & Medical

- Dense breast tissue
- Previous breast cancer or atypical biopsy
- Prior chest radiation (e.g. lymphoma treatment)

K – Key Lifestyle Factors

- Weight gain/obesity
- Alcohol intake
- Smoking
- Lack of regular exercise

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PROTECTIVE LIFESTYLE CHOICES

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

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HIGH-VALUE TAKEAWAY

- You **can't change your family history**, but you can change how you manage your risk.
- Early recognition, proactive screening and healthy lifestyle choices save lives.

IPREVENT™ – A HELPFUL TOOL

iPrevent is a free, evidence-based, online breast cancer risk assessment tool developed by the Peter MacCallum Cancer Centre and Cancer Council Victoria.

It helps women aged 18–70:

- Understand their personal breast cancer risk
- See how lifestyle and family history affect risk
- Access tailored prevention and screening recommendations

You can complete it at home and discuss the results with your GP.