

# Understanding the risks of breast cancer

Women's Health Concern

A confidential independent service for women and their partners

A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

**Difference in breast cancer incidence per 1,000 women aged 50-59.**

Approximate number of women developing breast cancer over the next five years.

NICE Guideline, Menopause: Diagnosis and management November 2015

**23 cases of breast cancer diagnosed in the UK general population**



**An additional four cases in women on combined hormone replacement therapy (HRT)**



**Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)**



**An additional four cases in women on combined hormonal contraceptives (the pill)**



**An additional five cases in women who drink 2 or more units of alcohol per day**



**Three additional cases in women who are current smokers**



**An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)**



**Seven fewer cases in women who take at least 2½ hours moderate exercise per week**



www.womens-health-concern.org  
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**Women's Health Concern is the patient arm of the BMS.**  
We provide an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

Go to [www.womens-health-concern.org](http://www.womens-health-concern.org)

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