

“Risk factors that are modifiable at or before menopause account for more than one-third of postmenopausal breast cancers; therefore, a substantial proportion of breast cancer in the United States is preventable.”

Tamimi et al, Population Attributable Risk of Modifiable and Nonmodifiable Breast Cancer Risk Factors in Postmenopausal Breast Cancer. *Am J Epidemiology*: 2016;184(12):884-893

Using information from the Nurses Health Study which involved 121,700 postmenopausal women who developed 8,421 cancers modifiable factors contributing to lowest risk of developing breast cancer were:

- Lowest weight gain after age 18
- No alcohol consumption
- High physical activity
- Breastfeeding
- No menopausal hormone therapy use

The single modifiable factor that had the most substantial influence on breast cancer risk:

Weight gain after age 18