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# HRT & breast cancer: Assessing risk

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## Breast cancer & HRT – assessing risk

4x

### Dementia

More than four times as many women die of dementia than breast cancer

3x

### Respiratory disease

More than three times as many women die of respiratory disease than breast cancer

2x

### Heart disease

More than twice as many women die of heart disease than breast cancer

Figures from 2018 ONS data



3.7%  
of women died from  
breast cancer

### HOW MANY MORE DIE IF THEY HAVE TAKEN HRT?

Overall, research to date has not shown an increased risk of dying from breast cancer in women who have used HRT

### WHAT CHOICES CAN WOMEN MAKE TO REDUCE THE RISK OF BREAST CANCER?



Exercise  
reduces risk slightly



Having babies and  
breast feeding



Reduce alcohol  
consumption



Stop smoking  
Smoking increases risk and  
accounts for ~8% cases



Manage weight (BMI)  
risk increases with  
BMI if age >50

### FACTORS AFFECTING BREAST CANCER THAT ARE FIXED INCLUDE

#### GENDER AT BIRTH

Female

1:7

Male

1:870

#### AGE

Increases with age

#### FAMILY (GENETICS)

~1:20

genetically linked  
– tend to present earlier

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