

Breast Cancer in **Young Women** Can be Hereditary

Breast cancer is less common in younger women than in older women, but young women are more likely to have hereditary breast cancer. Hereditary cancers run in your family and are caused by an inherited change in your genes.



BRCA stands for the **BR**east **C**ancer gene. You have two **BRCA** genes—one from your mother and one from your father—which help the body prevent breast cancer.

Everyone has **BRCA** Genes

Some people have mutations—or changes in their **BRCA** genes—which increase their risk for breast, ovarian, and other cancers.

**1 IN EVERY
500**

women in the US has either a **BRCA1** or **BRCA2** gene mutation.



If one of your parents carries a **BRCA** gene mutation, you have a **50%** chance of also having the mutation.

You May Be at a **Higher Risk** for a **BRCA** Mutation if



- You—or any family members—have had breast cancer before **age 50**
- Multiple **relatives** have had breast cancer, or a male relative has had breast cancer
- You—or any family members—have had **ovarian cancer**
- You are of **Ashkenazi Jewish** descent and you or any family members have had breast or ovarian cancer
- A family member has a known **BRCA** mutation

Why **BRCA** Mutations Matter

BREAST CANCER

50%

50% of women with a **BRCA1** or **BRCA2** gene mutation will develop breast cancer by the time they turn **70 years old**, compared to **7%** of women in the general US population.

OVARIAN CANCER

30%

30% of women with a **BRCA1** or **BRCA2** gene mutation will develop ovarian cancer by the time they turn **70 years old**, compared to **less than 1%** of women in the general US population.



3 Steps Young Women Can Take to Understand their **Hereditary Breast** and **Ovarian Cancer Risk**

1

Learn your family history of breast or ovarian cancer.

It may indicate you are at a higher risk.

2

Talk to a doctor if you are at a higher risk.

Your doctor can help you make a plan for managing your risk.

3

Know how your breasts normally look and feel.

Talk to your doctor right away if you notice changes in the size or shape of your breast, pain, or nipple discharge.