Most women are at average risk for breast cancer.

However, a family history that includes one or more of the following could mean you are more likely to get breast cancer.

- Someone with breast cancer before age 50
- Someone with cancer in both breasts
- You or a family member with breast and ovarian cancer
- A male with breast cancer
- Multiple family members with breast and/or ovarian cancers
- Ashkenazi Jewish ancestry

Genetic counseling

If any of these apply to you, you may want to visit a genetic counselor. They can review your family’s medical history and help you determine your risk. The counselor may recommend genetic testing, which is a simple blood test.
The following factors put you at increased risk for breast cancer

- Hereditary syndrome or genetic risk factors
- Breast diseases such as a precancerous condition
- Radiation treatment to the chest between ages 10 and 30

About 10% of breast cancers are hereditary.

Options for women at increased risk for breast cancer

Talk to your doctor about the following:

**Screening**
You may need to start screening at an earlier age, get additional tests such as breast MRI, or be tested more often.

**Preventive medication**
Drugs such as tamoxifen and raloxifene reduce the risk of breast cancer.

**Preventive surgery**
Preventive mastectomy – removal of one or both breasts – is an option for some women at increased risk.