

# Understanding the risks of breast cancer

Following publication of the updated NICE guideline (NG23) *Menopause: identification and management* in November 2024, the information in this infographic is under statistical review.

## 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 estrogen 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 two 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 2.5 hours moderate exercise per week



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We provide independent advice to inform and reassure women about their gynaecological, sexual and post reproductive health.

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