



Breast Cancer: Self-Diagnose Your Vulnerability, And Learn What You Can Do About It

Emily White

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Breast cancer is often seen as a hereditary disease, but the truth is that most cases still occur in those without a family history, and can be down to a number of factors like environment and lifestyle. If you were born in the developed Western world in the 20th or 21st century, then your background risk of breast cancer is around a one in 10 chance, regardless of your ethnic background or family history. While nothing can be done to make you immune to breast cancer, there are ways of lowering your risk, and bringing these facts to the surface can certainly help people to spot the disease more effectively and get them diagnosed earlier.

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