What You Should Know About Breast Cancer Risk [Podcast]

Fast facts, common myths and misconceptions

October 22, 2018 By Megan Riesz

Breast cancer is the most common cancer diagnosed in women, and as a result, there is an almost endless stream of information about the disease on the Internet and beyond. One fact we know is that early detection of breast cancer can often make the disease easier to treat, and in some cases, easier to cure. So what are some fast facts that everyone should know about breast cancer risk, and what are some common myths and misconceptions that just aren't true?

We'll tell you what you need to know with the help of two Dana-Farber experts: Brittany Bychkovsky, MD, MSc, and cancer genetic counselor Jill Stopfer, MS, LSC. This is an episode of Cancer Mythbusters, a Dana-Farber podcast.

Timestamps

- 1:02: Ways that people can reduce breast cancer risk
- 4:21: Whether soy increases the risk of breast cancer
- 5:31: The correlation between dairy intake and risk
- 6:27: The relationship between family history and breast cancer
- 9:04: If someone has BRCA-1 and BRCA-2 gene mutations, will they definitely develop breast cancer?
- 10:42: What men need to know about breast cancer
- 12:05: The most prominent factors that can increase risk and the steps people can take to reduce risk

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