

### Research Saves Lives

Factors inside and outside of the body can affect breast cancer risk and outcomes. Those outside the body are often called environmental factors. There is no one scientific definition for what is considered an environmental factor, and different scientists may use different categories when deciding whether a risk factor is environmental.

Environmental factors include many things found in nature that we eat, drink, touch or breathe, as well as man-made factors. They can include chemicals or pollutants, radiation, microorganisms (infections), or lifestyle factors such as diet, exercise or smoking. Even medications, such as birth control pills or

menopausal hormone therapy, can be considered environmental factors. Some environmental exposures are passive, such as sunlight (ultraviolet rays) and air pollution. Others are active, such as eating a healthy diet.

Identifying which environmental factors keep us healthy and which can increase the risk of breast cancer is an important part of understanding breast cancer risk and survival.



Learn more about environmental factors and breast cancer <http://sgk.mn/1Nm27mV>

**Our Research Investment 1982–2019** Nearly **\$24 million** in over **55 research grants** and **7 clinical trials** focused on Environmental Factors

### What We're Investigating



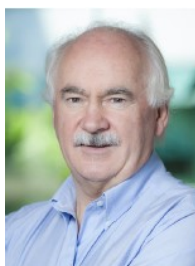
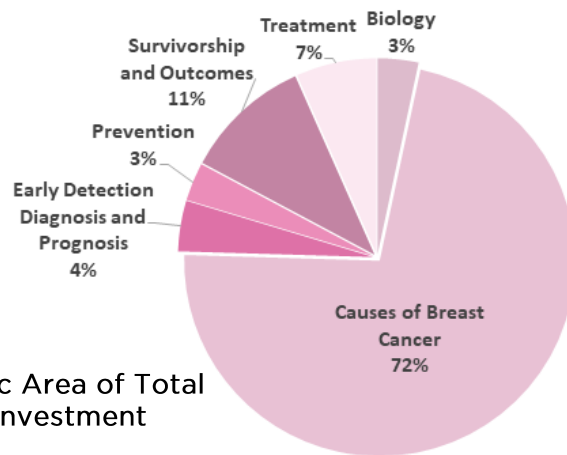
Determining how chronic use of antibiotics leads to a lack of bacterial diversity in the body and affects breast cancer metastasis



Identifying the changes in DNA that are caused by environmental factors—such as reproductive factors, lifestyle and diet—and may drive the development of breast cancer



Determining whether traffic-related air pollution affects breast cancer risk and incidence



Read more about environmental factors that affect the risk of breast cancer recurrence from Komen grantee Dr. John Pierce, in our Science Buzz Series.

<http://sgk.mn/1cmGBUV>

Read how hormone exposures may affect breast cancer risk, from the Komen-funded [Two Sisters Study](#).



### What We've Learned

from Komen-funded research



Lifestyle factors such as poor diet, lack of exercise and smoking are associated with an increased risk of breast cancer recurrence.



How a woman's body responds to hormone exposures during the [different phases](#) of life may affect her risk of breast cancer.



Certain high-risk Human Papilloma Viruses (HPVs)—like those that cause cervical cancer—may also play a role in the development of some breast cancers.

Learn more about breast cancer

More Komen-funded Research Stories

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