# Texas Breast Center Releases Article on Risks of Breast Cancer From Family History

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Texas Breast Center, renowned for its groundbreaking work in the fight against breast cancer, released an article highlighting the impact of family history on breast cancer risk, providing invaluable insight and guidance for patients, healthcare providers, and researchers alike. This release follows the center's core belief that knowledge empowers individuals to take charge of their health and seeks to shed light on the complex interaction between genetics, family history, and breast cancer risk.

Dr. Gorman and her dedicated team's innovative approach combines leading-edge medical expertise with an unyielding commitment to personalized care. This approach acknowledges that each woman embarking on the health journey brings with her a unique story, personal concerns, and specific needs. As the center?s guiding principle articulates, "Your journey is our journey."

Understanding breast cancer risk is an intimate part of every woman?s life. It shapes her decisions and future. Armed with this understanding, the Texas Breast Center provides a nurturing environment that fosters individual empowerment, management, and prevention of breast cancer. The article explores five key factors that interplay between family history and breast cancer risk.

The role of first-degree relatives is crucial in understanding potential breast cancer risk. These relationships, which include a father, mother, sibling, or child, share about 50% of their genes. Consequently, a diagnosis of breast cancer in a first-degree relative could indicate a heightened risk due to shared genetic material. Key mutations in genes like BRCA1 or BRCA2 can drastically increase breast cancer risk and are often passed down through generations.

Family history, however, is not a guarantee of future diagnosis. While it raises risk levels, many breast cancer cases are not linked to inherited gene mutations. Lifestyle factors, environmental exposures, pregnancy, and hormonal factors also contribute significantly to the overall risk. The Texas Breast Center provides a comprehensive risk assessment, factoring in the vital role of first-degree relatives in determining risk.

Second-degree relatives, such as a grandmother, aunt, or niece, also play a significant role in assessing breast cancer risk. Despite sharing lesser genetic material (approximately 25%), their health conditions can offer valuable insights into potential health risks. Diagnosis of breast cancer in a second-degree relative may elevate your risk slightly, but like first-degree relatives, this is a piece of a larger puzzle.

A family health history becomes even more significant when multiple family members, either first or second-degree, have been diagnosed with breast cancer. This could suggest inherited genetic mutations, such as those in the BRCA1 or BRCA2 genes, substantially increasing the risk of breast cancer.

Early-onset breast cancer in a family member, particularly before the age of 50, could be a warning of an increased risk for other family members. The inherited gene mutations like BRCA1, BRCA2, and others raise the risk of developing the disease.

Finally, the article addresses inherited gene mutations and ethnic background's influence on breast cancer risk. Inherited mutations in the BRCA1 and BRCA2 genes and other genes like p53, PTEN, and CHEK2 can significantly increase your risk for breast cancer. Certain ethnic backgrounds, such as Ashkenazi Jews, have a higher prevalence of these mutations, leading to an increased risk of breast cancer.

However, having these risk factors doesn't guarantee a breast cancer diagnosis. Many women with one or more risk factors never develop the disease, and some women with breast cancer have no known risk factors other than being a woman and growing older.

"The understanding of family history is crucial, but it?s only part of the story. A comprehensive risk assessment includes personal lifestyle, environmental exposures, and certain conditions such as obesity, high alcohol intake, lack of breastfeeding, early menstruation, late menopause, and exposure to hormone replacement therapy," says Dr. Gorman.

The Texas Breast Center believes in harnessing this knowledge to create personalized healthcare plans, provide regular screenings, lifestyle modifications, and when necessary, genetic counseling and testing.

For more information or to schedule an appointment with Dr. Gorman and her team, visit the Texas Breast Center website.

About Texas Breast Center

The Texas Breast Center is a frontrunner in providing breast cancer treatment in Texas. Under the stewardship of Dr. Valerie Gorman, a board-certified breast cancer surgeon and the Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center ? Waxahachie, the center provides advanced, individualized treatment plans for patients diagnosed with breast cancer. The dedicated team of professionals is committed to empowering patients with the necessary knowledge and presenting them with the best treatment options that cater to their specific needs. For more information, please visit www.texasbreastcenter.com.

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For more information about Texas Breast Center, contact the company here:Texas Breast CenterGreg Gorman214-912-5195info@texasbreastcenter.com2460 N, I-35E Suite 215, Waxahachie, TX 75165

**Texas Breast Center**

*Valerie J. Gorman, MD, FACS, is a surgeon of oncology and diseases of the breast. She is board certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center.*

Website: https://www.texasbreastcenter.com/

Email: info@texasbreastcenter.com

Phone: 214-912-5195

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