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Risk Factors and Causes of Cancers in

Still, most cancers in young adults are not caused by inherited gene changes.

Acquired gene changes

In older adults, the gene changes that lead to cancer are often acquired over a person's lifetime. Some of these changes occur for no obvious reason. But many cancers are linked to lifestyle-related risk factors such as smoking, having excess body weight, eating an unhealthy diet, not getting enough exercise, and drinking too much alcohol. Exposures to things in the environment, such as radon, air pollution, chemicals in the workplace, or radiation during medical tests or procedures, also play a role in some adult cancers.

These types of risk factors usually take many years to influence cancer risk, so they are

[hereditary-breast-and-ovarian-cancer-syndrome.html](#)

3. www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes/lynch-syndrome.html
 4. www.cancer.org/cancer/risk-prevention/genetics/family-cancer-syndromes/li-fraumeni-syndrome.html
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The American Cancer Society medical and editorial content team
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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical writing.

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