

## [Adrenal Gland Tumor - Risk Factors](#) [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 03/2016

**ON THIS PAGE:** You will find out more about the factors that increase the chance of developing this type of tumor. To see other pages, use the menu.

A risk factor is anything that increases a person's chance of developing a tumor. Although risk factors often influence the development of a tumor, most do not directly cause a tumor. Some people with several risk factors never develop a tumor, while others with no known risk factors do. However, knowing your risk factors and talking about them with your doctor may help you make more informed lifestyle and health care choices.

What causes most cancerous adrenal gland tumors is not known. However, people with certain hereditary conditions have a higher risk of developing an adrenal gland tumor. People with a high risk of developing an adrenal gland tumor because of their family history should be examined and evaluated by their doctor every year. Hereditary conditions that raise risk of adrenal gland tumors are:

- [Multiple endocrine neoplasia type 2](#) [3] (MEN2)
- [Li-Fraumeni syndrome](#) [4]
- [Von Hippel-Lindau syndrome](#) [5]
- [Neurofibromatosis type 1](#) [6]

- [Carney complex](#) [7]

Researchers continue to look into what factors cause this type of tumor and what people can do to lower their personal risk. There is no proven way to completely prevent this disease, but there may be steps you can take to lower your risk. Talk with your doctor if you have concerns about your personal risk of developing this type of tumor.

*The [next section in this guide is Symptoms and Signs](#) [8]. It explains what body changes or medical problems this type of tumor can cause. Or, use the menu to choose another section to continue reading this guide.*

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### **Links**

- [1] <http://www.cancer.net/cancer-types/adrenal-gland-tumor/risk-factors>
- [2] <http://www.cancer.net/about-us>
- [3] <http://www.cancer.net/node/19365>
- [4] <http://www.cancer.net/node/19133>
- [5] <http://www.cancer.net/node/19322>
- [6] <http://www.cancer.net/node/19450>
- [7] <http://www.cancer.net/node/18659>
- [8] <http://www.cancer.net/node/18427>