Breast cancer is caused by cells growing abnormally, usually in the ducts or the lobes of the breast. These cells may grow into surrounding tissues or spread to other parts of the body. Breast cancer is the second leading cause of cancer among U.S. women, with the first being skin cancers. About 1 in 8 women (12%) in the U.S. will develop invasive breast cancer during their lifetime. In 2011-2012, there was an average of 4,109 women and 57 men annually in Arizona diagnosed with invasive breast cancer. Of the women, 26.7% of breast cancer cases were diagnosed in late stage. A review of race/ethnicity found White Non-Hispanics have the lowest percentage of late stage diagnosis (25.3%) and American Indians have the highest percentage of late stage diagnosis (38.7%). An average of 754 individuals (750 women and 4 men), in 2011, had breast cancer as the underlying cause of death each year.

Breast Cancer Risk Factors

Risk Factors you cannot change
- Gender
- Aging
- Genetics
- Family/Personal History
- Race/Ethnicity

Lifestyle Risk Factors
- Being inactive/sedentary
- Never giving birth
- Recent oral contraceptive use
- Hormone replacement therapy
- Alcohol and tobacco use
- Being overweight or obese

Early Detection
Most doctors feel that early detection tests for breast cancer save thousands of lives each year. In Arizona, more than 60% of females were diagnosed in an early stage in 2011.

Detection Recommendations:
- Breast Self Awareness: Know your body and see your doctor if you experience any changes that worry you
- Clinical Breast Exam: For women in their 20s-30s at least every 3 years and women older than 40 every year
- Mammogram: For women in their 40s and older every year
- Magnetic Resonance Imaging (MRI): For women at high risk for breast cancer

If caught early, women have a 98% chance of beating breast cancer!