

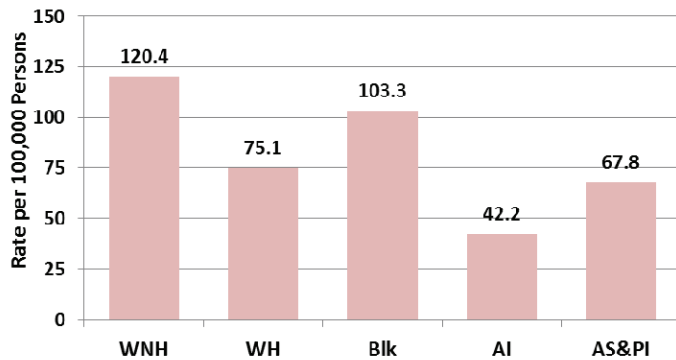


Breast Cancer Fact Sheet

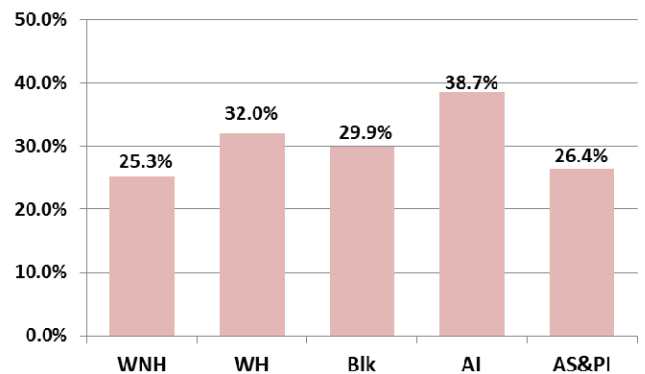
Breast cancer is caused by cells growing abnormally, usually in the ducts or the lobes of the breast. These cells may grow into surrounding tissues or spread to other parts of the body. Breast cancer is the second leading cause of cancer among U.S. women, with the first being skin cancers. About 1 in 8 women (12%) in the U.S. will develop invasive breast cancer during their lifetime.¹ In 2011-2012, there was an average of 4,109 women and 57 men annually in Arizona diagnosed with invasive breast cancer.² 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%).² An average of 754 individuals (750 women and 4 men), in 2011-2012, had breast cancer as the underlying cause of death each year.³

2011-2012 Arizona Female Breast Cancer²

Age Adjusted Invasive Cancer Incidence Rate by Race/Ethnicity



Percent of Cancer Cases Diagnosed in Late Summary Stage*



WNH: White Non-Hispanic WH: White Hispanic Blk: Black AI: American Indian AS&PI: Asian & Pacific Islander

* Late Summary Stage = Regional & Distant Stage Combined

Additional Information & Support Resources

National Cancer Institute
www.cancer.gov

American Cancer Society
www.cancer.org/breastcancer/

Centers for Disease Control and Prevention
www.cdc.gov/cancer

National BC Foundation
www.nationalbreastcancer.org

Susan G. Komen Foundation
<http://www5.komen.org/>

Breast Cancer Organization
www.breastcancer.org/

Cancer Support Community
<http://cscaz.org>

Avon Foundation
www.avonfoundation.org/breast-cancer-crusade/

Livestrong Foundation
www.livestrong.com

Women's Health Information Center
www.womenshealth.gov/

Mayo Clinic
www.mayoclinic.org/diseases-conditions/breast-cancer/basics/definition/con-20029275

Breast Cancer Risk Factors¹

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 Detection¹

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!

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Health and Wellness for all Arizonans

This factsheet is the result of a coordinated effort by the Arizona Department of Health Services (ADHS) Cancer Prevention and Control Programs (Arizona Cancer Registry, HealthCheck Programs, and Arizona Cancer Control Program).

Arizona
Cancer Prevention
and Control

More Arizonans Will Live Longer

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1. American Cancer Society, www.cancer.org/Cancer/BreastCancer/, Retrieved October 23, 2014. 2. Arizona Cancer Registry, Retrieved October 20, 2014. 3. Arizona Health Status and Vital Statistics 2011 report, Arizona Department of Health Services, <http://www.azdhs.gov/plan/report/ahs/ahs2011/index.htm> Retrieved on January 26, 2015.