

BREAST CANCER

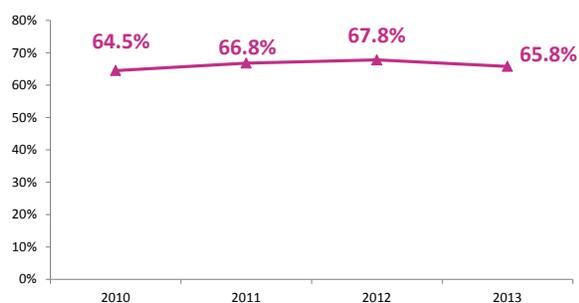
Key Messages

- Breast cancer is the most commonly occurring cancer in U.S. women (excluding basal and squamous cell skin cancers).
- Utah's breast cancer screening rate is lower than the national rate.¹
- Mammography is currently the best method for detecting cancer early. If you are 40 or older, talk to your doctor about which recommendations are best for you. Get regular mammograms regardless of family history.

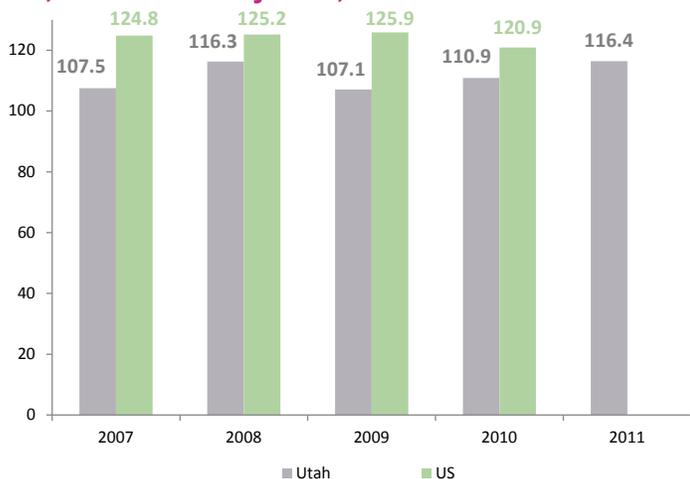
Data

- In the United States, 74.1% of women 40 years or older reported having a mammogram within the past two years (2012). Utah's screening rates are below the national average.^{1, 2}
- Deaths from breast cancer can be substantially reduced if the tumor is discovered at an early stage.³
- Although Utah has a lower breast cancer incidence rate than the U.S., breast cancer is the leading cause of female cancer deaths in Utah.

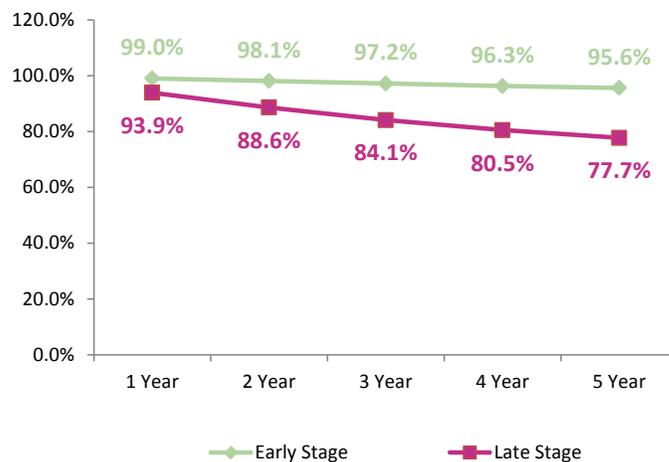
Age-adjusted Percentage of Women 40+ Who had a Mammogram Within the Past Two Years, Utah, 2010-2013¹



Age-adjusted Breast Cancer Incidence Rate per 100,000 Females by Year, Utah and U.S. 2007-2011²



5-year cause specific breast cancer survival by stage of diagnosis, 2004-2011³



“I’m here, I’m alive all because the cancer was caught early by getting my mammogram.”

-Mary Nickles
News Anchor

Screening Recommendations

- If you are 40 or over, talk to your doctor about which recommendations are best for you.
- Get regular mammograms regardless of family history.

Risk Factors⁴

GENDER:

Both women and men can get breast cancer, with less than 1% of breast cancers occurring in men.

AGE:

The risk of breast cancer increases with age.

- 1 out of 8 invasive breast cancers are found in women younger than 45.
- 2 out of 3 invasive breast cancers are found in women age 55 or older.

GENETICS:

About 5-10% of breast cancers are thought to be hereditary (result from gene defects).

FAMILY HISTORY:

Breast cancer risk is higher among women whose close blood relatives have had the disease.

MENSTRUATION:

Girls who start menstruation before age 12 and women starting menopause after age 55 are at higher risk of developing breast cancer.

MOTHERHOOD:

The risk of breast cancer increases for women who have children after the age of 35 and who have never had children.

LIFESTYLE CHOICES:

- Excessive alcohol consumption
- Being overweight or obese
- Tobacco use

MEDICATION:

Long-term use of hormone replacement therapy or oral contraceptives can increase a person's risk of developing breast cancer.

PRIOR CANCER:

Having a history of breast cancer or non-cancerous breast diseases and receiving treatment with radiation therapy to the chest can increase the risk of breast cancer.

Resources

American Cancer Society
www.cancer.org

Utah Cancer Control Program
www.cancerutah.org

Get Screened Utah
GetScreenedUtah.com

Susan G Komen
komenutah.org

References

1. Utah's Indicator Based Information System for Public Health. ibis.health.utah.gov/indicator/view/BreCAMam.UT_US.html
2. Utah's Indicator Based Information System for Public Health. ibis.health.utah.gov/indicator/view/BreCAInc.UT_US.html
3. The National Cancer Institute Surveillance, Epidemiology, and End Results Program
4. Centers for Disease Control. www.cdc.gov/cancer/breast/basic_info/risk_factors.htm