

Breast Cancer Fact Sheet

What is Breast Cancer?

- ⇒ Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer.
- ⇒ Second most common cancer in women.
- ⇒ Each year in New York, over 15,000 women are diagnosed with breast cancer and almost 2,600 women die from the disease.
- ⇒ It is estimated that one in eight women will develop breast cancer during her life.
- ⇒ Men can get breast cancer. About 150 men are diagnosed each year in New York State.

Who gets Breast Cancer?

- ⇒ Sex/gender: all women can get breast cancer. Men can get breast cancer too, but it is rare.
- ⇒ Age: more common among older women. Risk increases with age.
- ⇒ Race: Second most common cause of cancer deaths among white, black, Asian or Pacific Islander, American Indian or Alaska Native women. Although more white women get breast cancer, more black women die from it.

What are some risk factors for Breast Cancer?

- **Age**: Older women are more susceptible.
- **Family history**: Close relatives (parent, sibling or child) with breast cancer history.
- **Genetics**: Women with changes in breast cancer related genes (BRCA1 or BRCA2).
- **Personal history**: Previously diagnosed breast cancer, dense breasts, or other breast problems.
- **Hormonal factors**: Starting your first menstrual period at an early age or beginning menopause at a late age or not having children, or having your first child later in life

- **Not Breastfeeding**
- **Hormone use**: Long-term use of hormone replacement therapy (estrogen and progesterone combined)
- **Radiation exposure**: Long-term exposure to radiation to breast/chest
- **Personal behaviors**: Overweight, particularly after menopause or oral contraceptive usage or drinking alcohol or lack of physical activity

What are the symptoms?

- ⇒ A new lump in the breast
- ⇒ A lump that has changed
- ⇒ A change in the size or shape of the breast
- ⇒ Pain in the breast or nipple that does not go away
- ⇒ Flaky, red, or swollen skin anywhere on the breast
- ⇒ A nipple that is very tender or turns inward
- ⇒ Blood or any other type of fluid coming from the nipple that is not milk when nursing a baby.

These symptoms may be caused by something other than cancer, but the only way to know is to **GET CHECKED!**



Breast Cancer Fact Sheet contd...



How can I find out if I have Breast Cancer?

- * A mammogram is the best test for finding breast cancer early. This is simply a series of X-ray pictures of the breast that allow early detection of breast cancer.
- Women ages 50 to 74 years should get a mammogram every 2 years.
- * Women younger than age 50 should talk to a doctor about when to start and how often to have a mammogram. *Some providers recommend mammograms beginning at 40 years of age.*
- * If you have any risk factors or symptoms of breast cancer, talk to your health care provider.

What if my mammogram is abnormal?

DON'T PANIC! An abnormal mammogram does not always mean you have cancer. It does mean you will

need more tests before the doctor can be sure. Other tests could include an ultrasound (pictures of breast taken using sound waves) or a biopsy (removing a small tissue sample from the breast).

Treatment is most effective when breast cancer is found early, and many women go on to live long and healthy lives.

What can I do to reduce my chances of getting Breast Cancer?

- * Be aware of your family history and talk to your health care provider
- * If possible, breastfeed your baby
- * Stay physically active with regular exercise
- * Maintain a healthy weight
- * Avoid hormone replacement therapy OR find out risks and benefits before starting use
- * Limit the amount of alcohol you drink
- * Find out risks and benefits of imaging such as CT scans to limit exposure to radiation.
- * Get regular check-ups and screening tests

Where can I get more information?

- ⇒ [National Cancer Institute](#)
- ⇒ [American Cancer Society](#)
- ⇒ [Centers for Disease Control and Prevention \(CDC\)](#)
- ⇒ [American Society of Clinical Oncology](#)

Breast Cancer Incidence and Mortality Trends in Cattaraugus County, NY (2005-2014)



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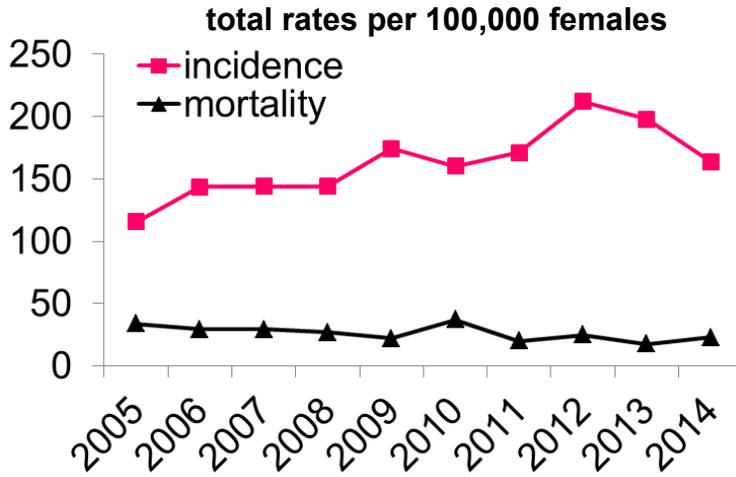


Figure 1. Cattaraugus County Breast Cancer incidence and mortality rates per 100,000 females from 2005-2014.

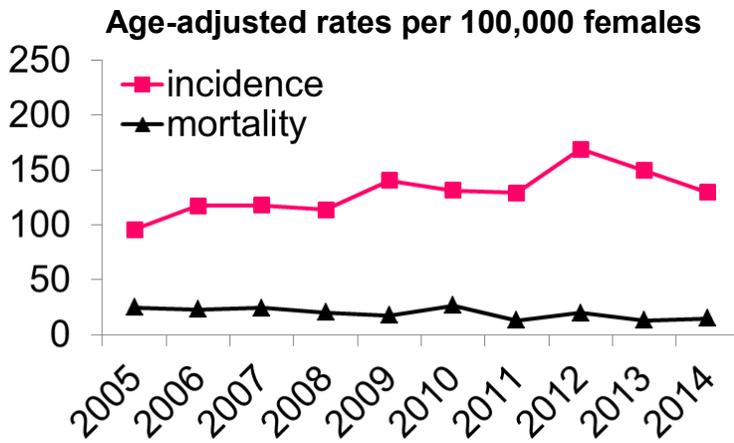


Figure 2. Cattaraugus County Breast Cancer incidence and mortality rates (age-adjusted) per 100,000 females (2005-14)

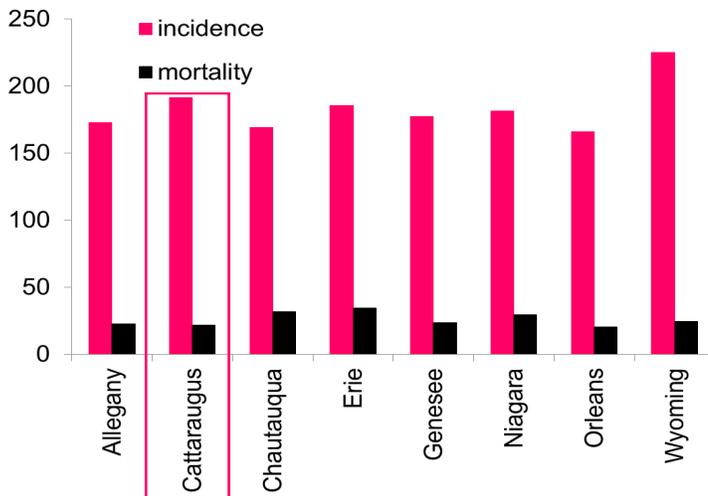


Figure 3. Western New York Breast Cancer incidence and mortality rates per 100,000 females (2012-14)

Annual incidence and mortality (death) rates for breast cancer (2005-2014) among women in New York State tracked by the New York State Cancer Registry. For Cattaraugus County, total rates per 100,000 women are shown in **Fig.1** and the age-adjusted rates are shown in **Fig.2**. Interestingly, the data shows that while there was an overall increase in breast cancer incidence among women, the mortality rates have held steady since 2005.

Among the eight counties that make up Western NY, Cattaraugus and Wyoming counties have recorded the highest breast cancer incidence rates in the period 2012-2014. However, despite these high incidence numbers, the mortality rates in Cattaraugus county is among the lowest in Western NY (**Fig.3**).

***Note:** All data are current as of July 2017.

Data source: 2012-2014 Cancer Registry Data as of July, 2017 accessed 10.04.17 from <https://www.health.ny.gov/statistics/chac/general/g9.htm>

Sources: New York State Department of Health (NYSDOH) and Centers for Disease Control (CDC)

