



Breast Cancer Facts

What You Need to Know

Breast Cancer is a disease in which the cells of the breast tissue grow out of control forming a mass or a tumor. The most common form is noninvasive (83%), but without treatment it may become invasive within 10 years (20-50%). Prognosis depends on the extent of the spread to adjacent tissues. In 2015 40,290 women died of breast cancer, the majority of which were women between the ages of 50-69 years of age. The highest incidence and mortality rate is found amongst black females who were premenopausal (45 years olds) and received no targeted treatment. According to the American Cancer Society there were 231,840 new cases diagnosed in 2015 in the US. The most frequently reported sign of breast cancer is a painless lump felt within the breast tissue. Non modifiable risk factors include age, family history, early menarche, and delayed menopause. One can reduce the risk of developing breast cancer by avoiding weight gain, eliminate the use of estrogen/progesterone replacements, reduce alcohol intake, promote breast feeding for at least a year amongst lactating women, and participate in a program of regular physical activity. The American Cancer Society recommends regular screening, including MRI and mammography testing for high risk individuals. Women over the age of 45 should undergo annual screening. Those 55 years and older should be screened bi-annually.

Reference: <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-046381.pdf>