



Facts About Breast Cancer

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What You Should Know

- Among Michigan women, breast cancer is the second leading cause of cancer deaths and is the most frequently diagnosed cancer.^{1,4}
- Early detection is the key to survival. With regular screening, breast cancer is more likely to be detected at an earlier stage, when it is most treatable. The five-year survival rate among women whose breast cancer has not spread beyond the breast at the time of diagnosis is 98.1%.²
- The Michigan Cancer Consortium (MCC), the Michigan Department of Community Health, the American Cancer Society, and the American Medical Association recommend:
 - ✓ **Women age 20 and older** perform breast self-exams every month.
 - ✓ **Yearly mammograms and clinical breast exams** should be initiated for women who are at average risk at age 40. Women also should continue to perform monthly breast self-exams.

Risk Factors

- Although every woman is at risk of developing breast cancer, several factors have been shown to increase this risk. These include: increasing age; a personal history of breast cancer; a family history of breast cancer (especially pre-menopausal onset) in a mother, a sister, a daughter or other multiple relatives; high breast tissue density, high-dose radiation to the chest, never giving birth or having a first child after the age of 30, and a long menstrual history. Other possible risk factors include

the long-term use of hormone replacement therapy, recent use of oral contraceptives, obesity, low physical activity, and alcohol consumption.³

- Approximately 5-10 percent of breast cancer is inherited, due to strong genetic factors. Most of these familial cases are due to mutations in either the BRCA-1 or BRCA-2 genes. Other gene mutations that may increase a woman's chance of developing breast cancer are mutations in ATM, CHEK-2 and p53 genes. Individuals who carry mutations in these genes also may be at an increased risk of developing other cancers.³

Incidence and Mortality

- During 2005, 7,163 women in Michigan were newly diagnosed with invasive breast cancer. During 2006, 1,487 Michigan women died of the disease.^{1,4}
- The American Cancer Society estimated that in the United States, 182,460 women were diagnosed with invasive breast cancer and 40,480 women died of breast cancer in 2008.
- Mortality rates associated with breast cancer have decreased in Michigan from 34.0 deaths per 100,000 women in 1990 to 24.9 deaths per 100,000 women in 2006.⁴ These rates are similar to the 2005 national rates.²
- The incidence and mortality associated with breast cancer vary by race. Although the incidence of breast cancer is highest among white women, breast cancer mortality rates are highest among racial minorities. African-Americans are more likely than Caucasians to die from breast cancer, partly due to a later stage at diagnosis. However, even at the same stage

of diagnosis, African-American women show lower survival rates.^{1,2,4}

Stage at Diagnosis

- Since the 1980s, there has been a notable trend toward earlier stage cancer at the first time of diagnosis. Breast cancer among Michigan women is increasingly being diagnosed at the local stage, before it has spread to other organs.¹
- During 2005, 58.3% of all newly diagnosed cases of breast cancer were localized; in 1985, only 46.6 percent of cases were diagnosed at this stage.¹
- During 2005, 50.1% of newly diagnosed breast cancer cases in African-American women were localized, compared with 59.5% in Caucasian women.¹
- Out of all invasive cases in 2005, older women are more likely than younger women to be diagnosed with breast cancer at the local stage. Among women below 40 years of age, 51.1% of newly diagnosed cases were localized; among women between 40 and 64, 55.8% percent were localized; and among women 65 and older, 62.5% were localized.¹

Screening Behaviors

- Nearly 93.6% of Michigan women 20 years old and older have received at least one clinical breast exam during their lifetime.⁵
- More than 93% of Michigan women 40 years and older have received at least one mammogram during their lifetime.⁵
- Among Michigan women 40 years and older, 57.2% did receive appropriately timed breast cancer screening (i.e., annual mammograms and clinical breast exams). However, even at the same stage of diagnosis, African-American women show lower survival rates.^{1,2,4}
- Women less likely to receive appropriately timed screening include women between the ages of 40-49 and women older than 70 years, as well as women with lower education levels and

women with lower household incomes.⁵

References:

1. MDCH Vital Records & Health Data Development Section, 1985-2005 Michigan Cancer Incidence File
2. SEER Cancer Statistics Review, 1975-2005 National Cancer Institute, Bethesda, MD
3. American Cancer Society. Cancer Facts and Figures 2008
4. MDCH Vital Records & Health Data Development Section, 1985-2006 Michigan Resident Death Files
5. Michigan Behavioral Risk Factor Surveillance System, 2006 Data
6. Breast and Cervical Control Program (BCCCP). BCCCP Eligibility. 2009. Accessed online at: <http://www.michigancancer.org/bcccp/AboutTheBCCCP/BCCPEligibility.cfm>.

Screening Help for Women in Underserved Populations

Michigan's Breast and Cervical Cancer Control Program (BCCCP) provides free annual breast and cervical cancer screening and diagnostic services to underserved populations across the state. To be eligible for the program, a woman must be at least 40 years old and have a household income at or below 250 percent of the federal poverty level⁶. For example, in 2009, a family of two can earn up to \$36,425 per year and still qualify. Women who are diagnosed with cancer through the BCCCP may be eligible to receive Medicaid for cancer treatment.

Call 1-800-922-MAMM for more information about eligibility requirements or participating BCCCP providers.