



BREAST CANCER FACTS 2009

What is breast cancer?

Breast cancer knows few boundaries. It is one of the most frequently diagnosed cancers today. Everyone is potentially at risk, despite age, sex or family history. Although rare, men can develop the deadly disease. Breast cancer is complex and unpredictable. To date, there is no cure.

- An estimated 192,370 new cases of invasive breast cancer are expected to occur among women in the U.S. in 2009. An estimated 40,170 women will die. In addition to invasive breast cancer, 62,280 new cases of in situ breast cancer are expected to occur among women in 2009.
- An estimated 1,910 men will be diagnosed with breast cancer, and an estimated 440 will die in 2009.
- Breast cancer is the leading cancer among American women and second only to lung cancer in cancer deaths.
- More than two million women currently living in the U.S. have been diagnosed and treated for breast cancer.

Breast cancer is a type of cancer where cells in the breast tissue divide and grow without normal control. Like other cancers, breast cancer can spread throughout the body. Only a small fraction of breast cancer cases can be linked to genetics.

Breast cancer in Oregon & SW Washington

Each week in Oregon 51 women are diagnosed with breast cancer and 9 will die from the disease. It is estimated that in Washington each week 86 women are diagnosed with the disease and about 15 will die. Oregon and Washington have some of the highest breast cancer rates in the country, although the specific reason is unknown.

Who gets breast cancer?

Anyone can get breast cancer—women and men. But, the exact causes of breast cancer are not fully understood. Scientists have identified a number of risk factors that increase a person's chance of getting breast cancer.

- Females are at greatest risk for getting breast cancer.
- Women age 40 and older are at greatest risk for being diagnosed.
- A small percentage of women under the age of 40 do develop breast cancer.
- About 85 percent of all women diagnosed with breast cancer DO NOT have a family history.
- Only about 10-15 percent of breast cancers occur because of inherited genetic traits.
- Breast cancer in men is rare, but it does happen.
- Race is not considered a factor for increased risk of breast cancer. However, rates of developing and dying from the disease differ among ethnic groups.
- Women are less at risk of developing breast cancer if they eat a healthy diet and exercise.

Early Detection & Treatment

Early detection is the key to surviving breast cancer. When breast cancer is diagnosed at its earliest stages, the five-year survival rate is over 95 percent.

- Mammograms are the best and most widely available breast cancer screening tool. They can detect about 85 percent of all breast cancers.
- At age 40, women should get an annual mammogram.
- Women should begin monthly breast self exams by age 20 and have a clinical breast exam at least every three years.

For more information about breast cancer, go to www.komenoregon.org.