



Facts about Breast Cancer

September 2011

What You Should Know

- Among Michigan women, breast cancer is the second leading cause of cancer deaths and is the most frequently diagnosed cancer.^{1,2}
- 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 98.6%.³
- The Michigan Cancer Consortium, the Michigan Department of Community Health, the American Cancer Society, and the American Medical Association recommend:
 - ✓ **Women aged 20 years and older** have a clinical breast exam performed by a health care provider every three years.
 - ✓ **Women aged 40 years and older** have a screening mammogram every year and should continue to do so for as long as they are in good health.

Risk Factors

- Although every woman is at risk of developing breast cancer, several factors have been shown to increase this risk. These risks 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 risk factors that may be modifiable include the use of combined estrogen and progestin hormone replacement therapy, recent use of oral contraceptives, obesity, low

physical activity, and alcohol consumption.⁴

- Approximately 5% to 10% 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.⁴
- Risk factors associated with a lower risk of developing breast cancer include breast feeding, routine moderate to vigorous physical activity, and maintaining a healthy body weight.⁴

Incidence and Mortality

- In 2007, 6,908 women in Michigan were newly diagnosed with invasive breast cancer, and in 2008, 1,471 women died of the disease.^{1,2}
- The American Cancer Society estimates that 230,480 women will be diagnosed with invasive breast cancer and 39,520 women will die of breast cancer in the United States in 2011.⁴
- Since the 1990s, there has been a decline in breast cancer incidence in Michigan and nationally.
 - ✓ In Michigan, breast cancer incidence rates decreased from 135.1 per 100,000 in 1998 to 119.2 per 100,000 women in 2007.¹
 - ✓ Nationally, breast cancer incidence decreased from 141.2 per 100,000 women in 1998 to 124.7 per 100,000 in 2007³
- There has also been a decline in breast cancer mortality among women in Michigan, as well as nationally.
 - ✓ Mortality rates associated with breast cancer have decreased in Michigan from 27.8 deaths per 100,000 women in 1999 to 24.2 deaths per 100,000 women in 2008.²

- ✓ Nationally, breast cancer mortality rates decreased from 27.5 per 100,000 women in 1998 to 22.8 per 100,000 in 2007.³
- The incidence and mortality rates 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.³

Stage at Diagnosis

- Since the 1980s in Michigan, there has been a significant increase in breast cancer diagnosis at the localized stage before it has spread to other organs.¹
- In 2007, 63.9% of all newly diagnosed cases of breast cancer were localized; in 1985, only 46.6% percent of cases were diagnosed at this stage.¹
- In 2007, 53.4% of newly diagnosed breast cancer cases in African-American women were localized, compared with 65.3% in Caucasian women.¹
- Out of all invasive cases in 2007, older women are more likely than younger women to be diagnosed with breast cancer at the localized stage. Among women below 40 years of age, 49.7% of newly diagnosed cases were localized; among women between 40 and 64 years, 63.2% percent were localized; and among women 65 and older, 66.5% were localized.¹

Screening Behaviors

- Among Michigan women aged 20 years and older, 93.7% have received at least one clinical breast exam during their lifetime.⁵
- Approximately 94.2% of Michigan women aged 40 years and older have received at least one mammogram during their lifetime.⁵
- Among Michigan women aged 40 years and older, 53.0% did receive appropriately timed breast cancer screening (i.e., annual mammograms and clinical breast exams).⁵
- Women less likely to receive appropriately timed screening include women between the ages

of 40 and 49 years and women older than 70 years, as well as women with lower education levels and women with lower household incomes.⁵

References:

1. Michigan Cancer Surveillance Program. (2010). *Michigan Cancer Incidence Public Use File 1985-2007*. Michigan Department of Community Health (MDCH), Division for Vital Records & Health Statistics.
2. Michigan Cancer Surveillance Program. (2010). *Michigan Cancer Death Public Use File 1985-2008*. Michigan Department of Community Health (MDCH), Division for Vital Records & Health Statistics.
3. SEER Cancer Statistics Review, 1975-2007. National Cancer Institute, Bethesda, MD
4. American Cancer Society. (2011). *Cancer Facts and Figures 2011*. Retrieved from: <http://www.cancer.org/acs/groups/content/@epidemiologysurveilance/documents/document/acspc-029771.pdf>
5. Michigan Department of Community Health. (2011). Behavioral Risk Factor Survey: Preliminary Estimates for Risk Factors and Health Indicators 2010. Michigan Behavioral Risk Factor Surveillance System, 2010. Accessed online at: http://www.michigan.gov/documents/mdch/2010_MiBFRS_Standards_Tables_FINAL_350512_7.pdf
6. Breast and Cervical Control Program (BCCCP). BCCCP Eligibility. 2009. Accessed online at: <http://www.michigancancer.org/bcccp/AboutTheBCCCP/BCCCPeligibility.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 between 40 and 64 years old (women diagnosed with cervical abnormalities between the ages of 18 and 39 and referred to BCCCP from the Title X program may also be eligible), be uninsured, and have a household income at or below 250% of the federal poverty level.⁶ For example, in 2011, a family of two can earn up to \$36,775 per year and still qualify.

Women who are diagnosed with cancer through the BCCCP may be eligible to receive Medicaid for cancer treatment.

Please call 1-877-588-6224 for more information about eligibility requirements or participating BCCCP providers.