

BREAST CANCER

The Numbers PREVENTION

Breast cancer is a scary disease. It's the leading cancer diagnosed in US women, and the second leading cancer killer. But, the numbers aren't all bad. Half or more of all breast cancers could be prevented by simple steps most women (and their daughters and granddaughters) can take.

Siteman Cancer Center at Barnes-Jewish Hospital
and Washington University School of Medicine

The Odds...


12%

LIFETIME
RISK of
ever
developing
breast
cancer

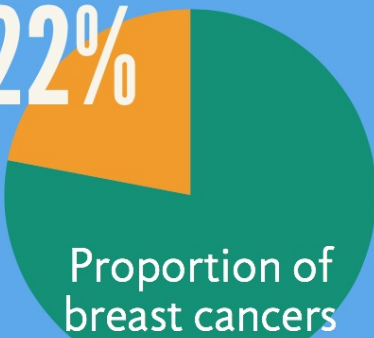


AVERAGE
AGE a
woman is
diagnosed
with breast
cancer

61 Years



22%



Proportion of
breast cancers
diagnosed BEFORE
AGE 50 years old

The Rankings...

#1

Rank US women place breast cancer
among common HEALTH FEARS

#1

Rank of breast cancer among commonly
DIAGNOSED CANCERS in US women

#2

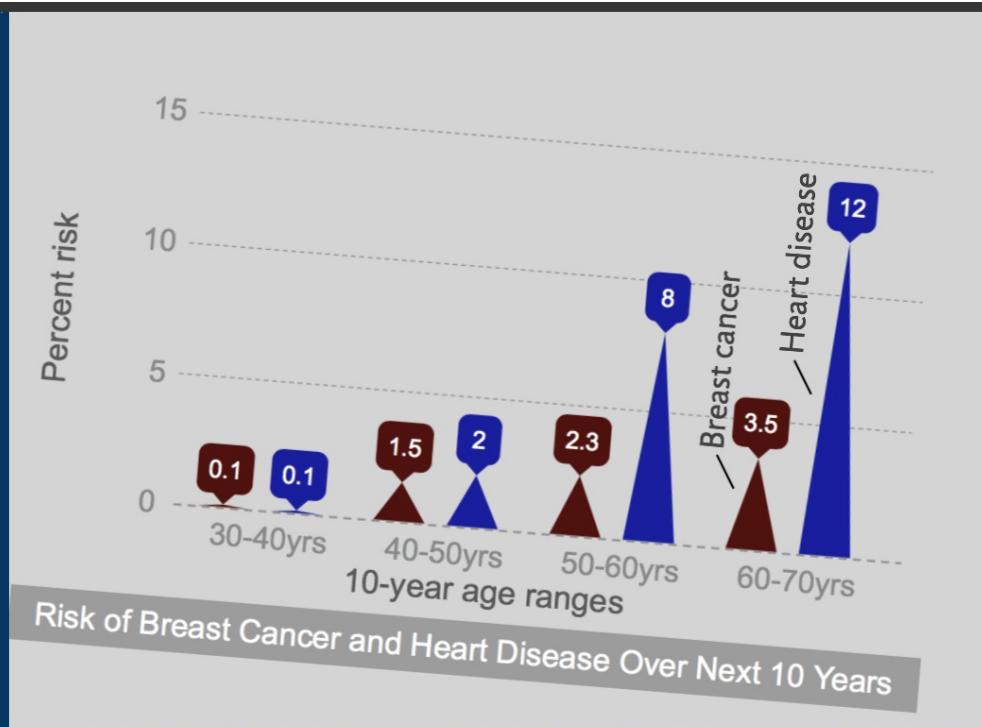
Rank of breast cancer among CANCER KILLERS in US
women (#1 is lung cancer)

#7

Rank of breast cancer among MAJOR KILLERS in US women
(#1 is heart disease)

Risk of developing breast cancer over next 10 years

Looking at the risk of breast cancer (and heart disease) over the next 10 years can provide good perspective on your risk. 10-year risks of breast cancer are lower than the lifetime risk of 12%, and very low for younger women overall.



What's Up with These Genes?



5 - 10%

Proportion of breast cancers linked to GENETICS & FAMILY HISTORY

90 - 95%

Proportion of breast cancers linked to OTHER RISK FACTORS

0.25%

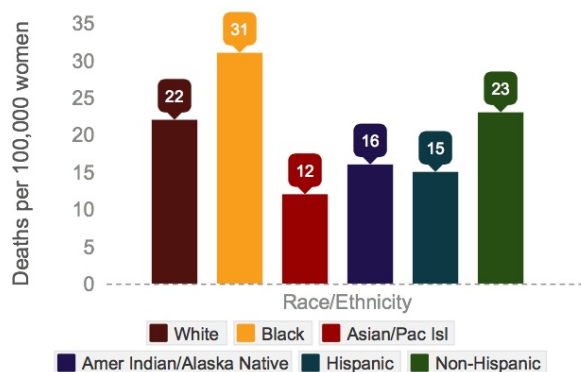
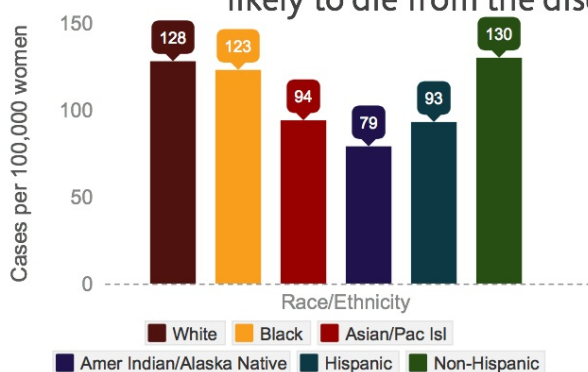
Proportion of US women with a high-risk breast cancer gene mutation, like BRCA1/2 – the “Angelina Jolie gene.” Translates to about 1 out of every 400 women

2.5%

Proportion of US women of Ashkenazi Jewish ancestry with a high-risk gene mutation. Translates to about 1 out of every 40 women

Different Races and Ethnicities, Different Numbers...

White women have the highest rates of breast cancer, but black women are more likely to die from the disease.



Prevention - Stopping It Before It Starts

50%

Proportion of Breast Cancer
PREVENTABLE with a Healthy
Lifestyle **STARTED IN MIDLIFE**



68%

Proportion of Breast Cancer
PREVENTABLE with a Healthy
Lifestyle **STARTED IN
CHILDHOOD**

30 Min

Amount of **WALKING** it takes each day to lower your risk 20 percent. It'll also lower your risk of colon cancer, heart disease, stroke, osteoporosis, and depression



10%

Increase in risk with each drink of **ALCOHOL** per day on average



Amount of time spent **BREASTFEEDING** across all children to see a 20% drop in your breast cancer risk



Possible estimated drop in rates of new breast cancer cases seen in the US following the large drop in use of **POST-MENOPAUSAL HORMONES** from 2003 onward

NUMBER OF POUNDS an overweight woman needs to lose to lower risk by

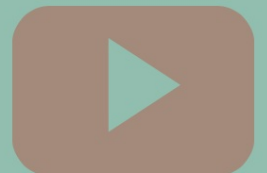
10%



50%



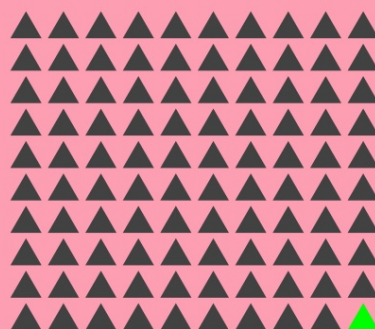
15%



At High-Risk for Breast Cancer? Medicines Can Lower Risk

50%

Drop in breast cancer risk in high-risk women who take the prescription medications **TAMOXIFEN** or **RALOXIFENE** for prevention



7,800,000

Number of women ages 50 - 69 in US who **COULD BENEFIT** from raloxifene for prevention

117,500

Number of women who **ACTUALLY TAKE** tamoxifen or raloxifene for prevention

And Remember Screening

Despite some controversy, BREAST CANCER SCREENING REMAINS an IMPORTANT WAY to protect yourself from the disease. It doesn't help prevent cancer, but it can help find cancer early when it's most treatable. All women over the age of 20 should get screened regularly for breast cancer. Talk to a doctor about the screening tests that are right for you.

8IGHT WAYS to Prevent Breast Cancer

1. Keep weight in check
2. Be physically active
3. Avoid too much alcohol
4. Breastfeed, if possible
5. Avoid birth control pills, particularly after age 35 or if you smoke
6. Avoid postmenopausal hormones
7. Find out your family history
8. Consider prescription risk-reducing medications if at high-risk. Talk to a doctor

Your Disease Risk
yourdiseaserisk.wustl.edu

8IGHT WAYS to Prevent Breast Cancer
tinyurl.com/8WaysBreastCancer

More Info

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