Understanding Breast Cancer Risk

Kaiser Permanente East Bay
Topics

Breast Cancer Risk Statistics
Risk Factors
Breast Density-What Does it Mean for me?
Decreasing my Breast Cancer Risk
Recommendations Based on Your Risk
East Bay Kaiser Resources
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Risk is the **chance** that something will happen
What is the Risk of Breast Cancer?

1 in 8 women will develop breast cancer

= 12% lifetime risk of breast cancer
87% chance a woman will NEVER get breast cancer, even if she lives to be 80 years old!
Breast Cancer Survival Rate

The overall 5-year relative survival is ~89.2%
## Topics

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Interestingly...

- Hereditary forms of breast cancers (passed down through genes within families) are only 5-10% of overall cases.

- 75% of women have no significant risk factors.
What are the Biggest Risk Factors?

Being a **Woman** and Getting **Older** are the Biggest Risk Factors for Developing Breast Cancer
Top Cancers in Women

2005-2009, Rate Per 100,000 women in U.S

Breast
Lung
Colon

Top Cancer Deaths in Women

Lung
Breast
Colon

February 24, 2014
## Comparing Deaths in Women

<table>
<thead>
<tr>
<th>#1 cause of Death in women</th>
<th>#1 cause of CANCER Death in women?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>Lung Cancer</td>
</tr>
</tbody>
</table>
Bottom Line…

Breast Cancer is NOT the most common killer of women

Most women with Breast Cancer Survive (~89%)
Breast Cancer Risk Increases with Age

% of U.S. Women Who Develop Breast Cancer over 20-Year Interval According to Their Current Age, 2008–2010

Graph showing the percentage of U.S. women who develop breast cancer over a 20-year interval according to their current age, with values ranging from 1.87% at age 30 to 6.86% at age 60.
Comparing Risk Factors for Breast Cancer

not all **risks** are the same

<table>
<thead>
<tr>
<th>Minor Risk Factors</th>
<th>Moderate Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Starting Periods Early</td>
<td>• One 1\textsuperscript{st}-degree relative* with breast cancer</td>
</tr>
<tr>
<td>• Late menopause</td>
<td>• Prior breast cancer without family history</td>
</tr>
<tr>
<td>• No children</td>
<td>• Breast biopsy with abnormal cells</td>
</tr>
<tr>
<td>• More than 30 years age at first birth</td>
<td>• Breast density</td>
</tr>
<tr>
<td>• Hormone Replacement Therapy for more than 5 yrs</td>
<td></td>
</tr>
<tr>
<td>• Obesity after menopause</td>
<td></td>
</tr>
<tr>
<td>• More than 2 drinks/day</td>
<td>*1\textsuperscript{st} degree relative = Mom, Sister</td>
</tr>
</tbody>
</table>
## I Am High Risk because...

<table>
<thead>
<tr>
<th>I had Chest Radiation (for previous cancer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I carry the gene for breast cancer</td>
</tr>
<tr>
<td>I Have a Family with...</td>
</tr>
<tr>
<td>• Two or more relatives with breast cancer, one before 50.</td>
</tr>
<tr>
<td>• One relative with breast cancer and one with ovarian cancer</td>
</tr>
<tr>
<td>• A 1st degree male relative with breast cancer</td>
</tr>
<tr>
<td>• Two or more relatives with ovarian cancer, one before 65.</td>
</tr>
<tr>
<td>• Ashkenazi Jewish Heritage with more than 2 relatives with breast cancer or ovarian cancer</td>
</tr>
<tr>
<td>• One relative with both ovarian AND breast cancer</td>
</tr>
</tbody>
</table>

*1st degree relative = Mom, Sister, Brother, Father*
What are your biggest risks for Breast Cancer?

Being a Woman and Getting Older are the Biggest Risk Factors for Developing Breast Cancer.

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Breast Density is

...how your breast tissue looks on mammogram

LOW → HIGH
Breast Density IS ...

• NOT related to breast size
• NOT related to how your breast feels
• NOT felt on a physical exam
• Only seen on a mammogram
Breast Density...

- Is common in younger women
- Decreases as you age (only 1/3rd women over 60 still have dense breasts)
- Makes it harder to interpret a Mammogram
- Might increase risk of cancer
Dense Breast, Now What?

• Mammogram is STILL the ONLY recommended screening tool proven to save lives, EVEN for those with dense breasts
• MRI and Ultrasounds are rarely used for screening

Bottom Line…
Get yearly breast exams and a yearly DIGITAL mammogram after age 40.
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Risk Reduction Options

All Risk

Breast Self-Exam

Once a month adult women of all ages are encouraged to perform breast self-exams.

Imaging Mammogram

Mammograms are recommended for women age 40 to 74 every 1 to 2 years.
Risk Reduction Options

VERY High Risk: Surgery

Women with a gene mutation have a 40-60% lifetime risk of developing breast cancer

Intermediate Risk: Medication

For some women, taking an estrogen-blocking medication can decrease the risk of developing breast cancer
What are some Risk factors you …

**CANNOT change**

- Age
- Gender
- Pregnancy
- Breast Density
- Race/Ethnicity
- Family History
- Age at your first period
- Age started menopause
- History of abnormal breast biopsy

**CAN change**

- Having an Active Lifestyle
- Drinking Alcohol
- Reduce Hormone Replacement Therapy
- Maintaining a Healthy Weight
- Breastfeeding
Healthy Lifestyle Choices

Eat a Healthy Diet
Fruits, vegetables, whole grains, lean meats

Exercise
Exercise regularly 180 minutes per week

Healthy Choices
Limit alcohol
Limit Hormone Therapy
What is Healthy Eating?

• Increase vegetables & fruit

• Increase fiber by eating more whole grain foods.

• Eat less fat.
Limit Alcohol

More Than One Glass of Alcohol Per Day Increases Breast Cancer Risk
If you are at **Low risk**…

**Recommendations**

Maintain Healthy Lifestyle

Yearly Breast Exam by a Health Care Provider

Mammogram every 1-2 years from age 40
If you are at **Moderate Risk**…

- One first-degree relative* with breast cancer
- Prior breast cancer without family history
- Breast biopsy with abnormal cells
- Increased Breast Density

**Recommendations**

- Maintain Healthy Lifestyle
- Yearly Breast Exam by a Health Care Provider
- Digital Mammogram every year from age 40

*1st degree relative = Mom, Sister, Brother, Father
If you are at High Risk…

Recommendations

Maintain Healthy Lifestyle

Yearly Breast Exam by a Health Care Provider

Genetics Consultation

MRI and Digital Mammogram alternating every 6 months from age 30 once seen by Genetics

Contact our breast clinic at 510-752-7447 for further evaluation.
### Topics

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We hope this presentation addresses your concerns. If you would like additional information, please call the Kaiser-Oakland Breast Center at 510-752-7447.