



## Fact Sheet

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Student Health Services, Texas A&M University

### Breast Cancer Awareness

#### **Every woman is at risk for breast cancer!**

The risk of developing breast cancer increases with age, a family history of breast cancer, and if a woman has never had children or has children after age 30. However, over 70% of cases occur in women with no identifiable risks.

#### **Breast cancer is the most common form of cancer in women in the United States!**

Breast cancer is the most common cancer among women, except for non-melanoma skin cancers. It is estimated that in 2004 about 215,990 new cases of invasive breast cancer (stages I to IV) will be diagnosed among women in the United States. At this time there are slightly over 2 million women living in the U.S. who have been diagnosed with and treated for breast cancer.

Carcinoma in situ (CIS) accounts for about 59,390 new cases each year. CIS (stage 0) is noninvasive and is the earliest form of breast cancer.

Breast cancer incidence rates have continued to increase since 1980, although the rate of increase slowed in the 1990s, compared to the 1980s. Furthermore, in the more recent time period (1987-2000), breast cancer incidence rates have increased only in those aged 50 and older.

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. In 2004, about 40,110 women and 470 men will die from breast cancer in the United States. Death rates from breast cancer have been declining. These decreases are believed to be the result of earlier detection and improved treatment.

#### **Men can develop breast cancer too!**

Although the incidence is low, an estimated 1,450 cases will be diagnosed in men in 2004 and over 400 will die from the disease.

#### **Early detection is the key to survival!**

Women are encouraged to perform monthly breast self-examinations, as well as annual breast examinations by a medical professional. Any changes in breast tissue (from underarm to bottom of rib cage) should be checked out by a physician immediately! Changes may include swelling or a lump in the breast tissue, dimpling or pitted skin, bloody discharge from the nipple, or any other changes from normal. Five-year survival after treatment for early-stage breast cancer is 97%.

To get more information about breast self examinations, go here: [breast self exam](#)

Information provided by the American Cancer Society at [www.cancer.org](http://www.cancer.org)

To make an appointment in our Women's Clinic, please call 458-8250.