

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Breast Cancer Deaths

DID YOU KNOW?

- About one in eight women in the United States (about 12%) will develop invasive breast cancer over the course of her lifetime.
- Breast cancer is the most commonly diagnosed cancer among women in California, regardless of race or ethnicity.
- More than 2.9 million women living in the United States were breast cancer survivors in January 2012.
- Breast cancer is the second leading cause of cancer deaths (after lung cancer) among women in the United States and California.
- Besides family history, genetic and hormonal factors, some lifestyle factors such as obesity, lack of exercise, and alcohol are among the risk factors.

WHERE WE WERE (BASELINE):

In Shasta County, there were 26.2 deaths per 100,000 women (age-adjusted three-year average rate) between 1999-2001 from breast cancer.

WHERE WE ARE:

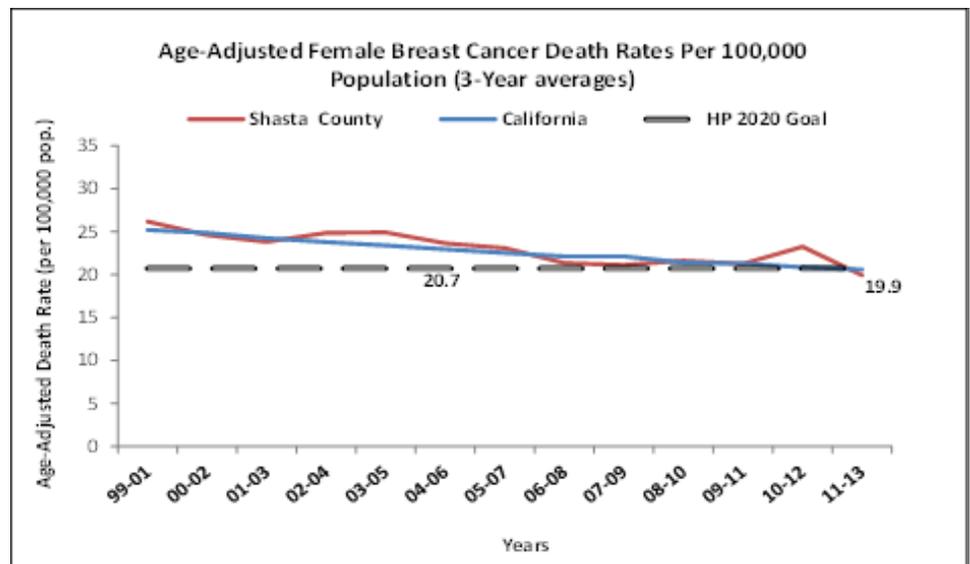
In Shasta County, there were 23.3 deaths per 100,000 women (age-adjusted three-year average rate) between 2010-2012 from breast cancer.

WHERE WE ARE AIMING:

The Healthy People 2020 goal is to reduce the female breast cancer death rate to 20.7 per 100,000 female population.

DEFINITION:

Number of deaths and death rate (age-adjusted deaths per 100,000 women) due to female breast cancer (all malignant neoplasms of female breast; ICD-10 Group Number 82) for Shasta County residents.



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KEY POINTS:

- Between 2006 and 2010, the annual breast cancer incidence rate for women in California was 122.1 new cases per 100,000 women.
- In California 4,361 deaths from breast cancer were recorded among women in 2013.
- Data from California shows that in 2012, 59% of women 40 years and older had a mammogram within the past year. The rate for the United States was 51% within the past year and 67% within the past 2 years.
- The Shasta County female breast cancer death rate has fluctuated over time, while the state rate has steadily declined. Shasta County's rate (23.3/100,000) has not yet met the Healthy People 2020 goal of 20.7.

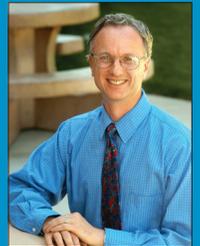
PRIMARY PREVENTION ACTIVITIES:

- Decrease alcohol consumption.
- Eating a balanced low-calorie, low-fat diet coupled with increased physical activity appears to decrease risk of breast cancer but further research is needed to confirm this benefit.
- Increase fruit and vegetable consumption.

Secondary Prevention:

- Asymptomatic/average risk women 50-74 should have a screening mammogram and a clinical breast exam every other year.
- Women age 40-49 should talk with their doctor about when screening mammography.
- Women between the ages of 20 and 39 years should have a clinical breast examination by a health professional every three years.
- Women age 20 years and older should perform breast self-examination regularly, reporting any changes in their breasts to their health care professional.

**From the Desk of
Andrew Deckert,
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*Shasta County
Public Health Officer*



Breast cancer is the most common cancer among women in California and the second most common cancer after skin cancer in the United States. It is the second leading cause of cancer deaths after lung cancer among women in the United States and California. There are some risk factors like genetics, family history and hormonal effects, but there are also factors such as alcohol use, obesity and physical inactivity that may be managed to reduce the risk.

Early diagnosis is important for proper intervention. This includes regular screening by mammography every other year in average-risk women after age 50 and regular physical exams by health personnel and self exams before that age.

To your health!