



STAYWELL  
LUNCH & LEARN

BREAST CANCER

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# DISCLOSURES



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Facts and Figures 2013-2017

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Board

By the end of this  
presentation,  
you will



Know more about breast  
cancer



Know more about breast  
awareness



Know more about breast  
cancer screening

# Breast Cancer

- A disease in which cancer cells form in breast tissue
- Second most common cancer diagnosis worldwide
- Second most common cancer in women in the U.S.



# Breast Cancer

- The risk of an average-risk woman developing breast cancer in the U.S. is 13%, or 1 in 8 women.

<b>Estimated New Cases in 2021</b>	<b>281,550</b>
% of All New Cancer Cases	14.8%

- In recent years, incidence rates have increased by 0.3-0.5% per year.

# Breast Cancer

- In the U.S., breast cancer is the second leading cause of all cancer deaths.

Estimated Deaths in 2021	43,600
% of All Cancer Deaths	7.2%

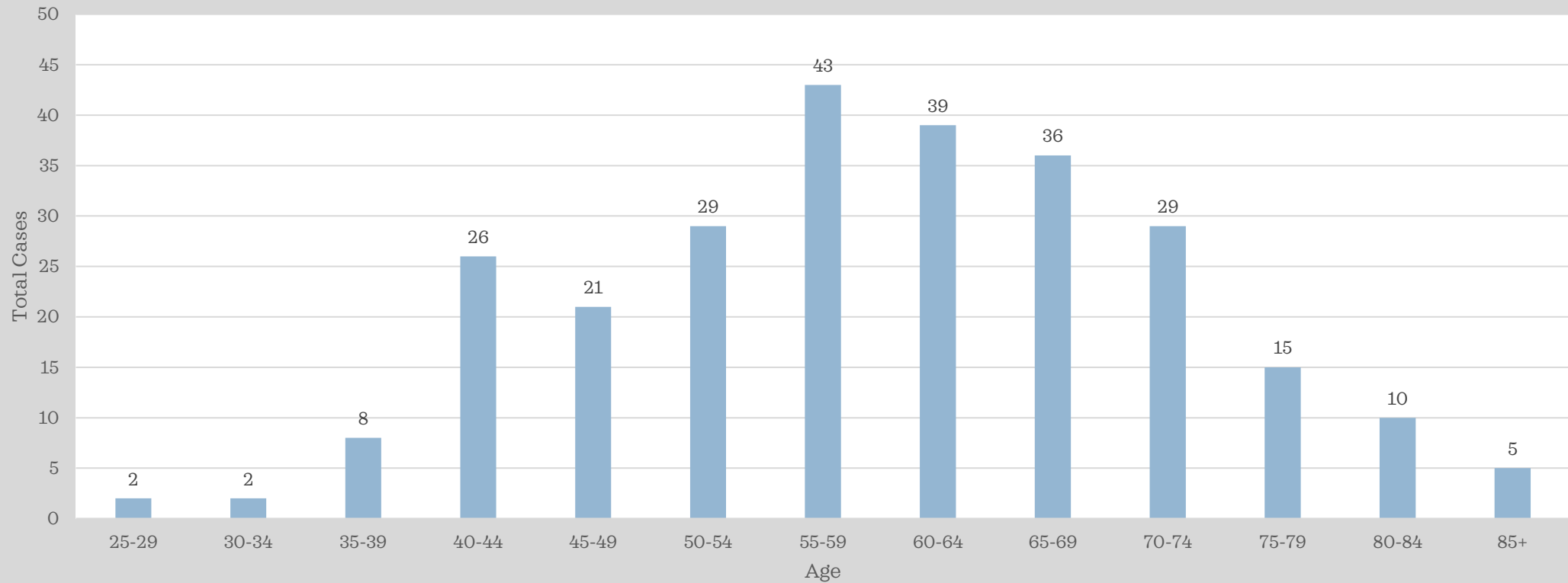
- The age-adjusted death rate has decreased by about 1.3% per year from 2010-2019.

5-year relative survival rate: 90.3%

# Breast Cancer in Guam

- Breast cancer was the most common cancer in Guam from 2013-2017, accounting for **16.8%** of all new cancer cases during that time period.
- Breast cancer was the most common cancer in women in Guam from 2013-2017, accounting for **33.8%** of all new cases in women during that time period.
- Breast cancer accounted for **3.4%** of all cancer deaths in Guam from 2013-2017.
- Breast cancer accounted for **8.8%** of all cancer deaths in women in Guam from 2013-2017.

# Breast Cancer in Guam



**Figure 14. Breast Cancer Cases by Age at Diagnosis, Guam, 2013-2017.**

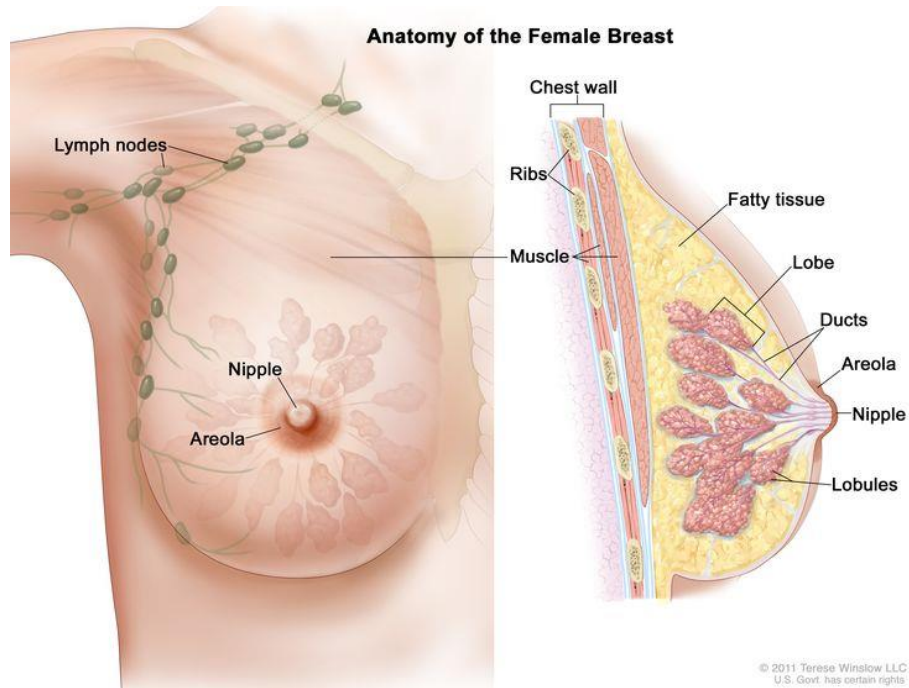
*Source: University of Guam Cancer Research Center, Pacific Regional Central Cancer Registry. All cases are invasive.*



# Breast Cancer Risk Factors

- Drinking alcohol
- Being overweight or obese after menopause
- Not being physically active
- Not breastfeeding
- Reproductive history resulting in greater exposure to estrogen (early menses, menopause at a later age, older age at birth of first child, not having children)
- Use of combined hormone therapy for menopause symptoms
- Older age
- A personal history of breast cancer or benign breast disease
- Inherited risk of breast cancer (Family history of breast cancer in first-degree relative, inherited changes in certain genes)
- Dense breast tissue
- Radiation therapy to the breast or chest

# Breast Awareness



- Research **has not shown** a clear benefit of regular physical breast exams done by a health professional (clinical breast exams) or by women themselves (breast self-exams).
- Women should be familiar with how their breasts normally look and feel and should **see their health care provider right away if they notice any breast changes.**

# Breast Cancer Screening

## American Cancer Society Guidelines for Women of Average Risk:

- **Women between age 40 and 44** have the option to start screening with a mammogram every year.
- **Women age 45 to 54** should get mammograms every year.
- **Women age 55 and older** can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

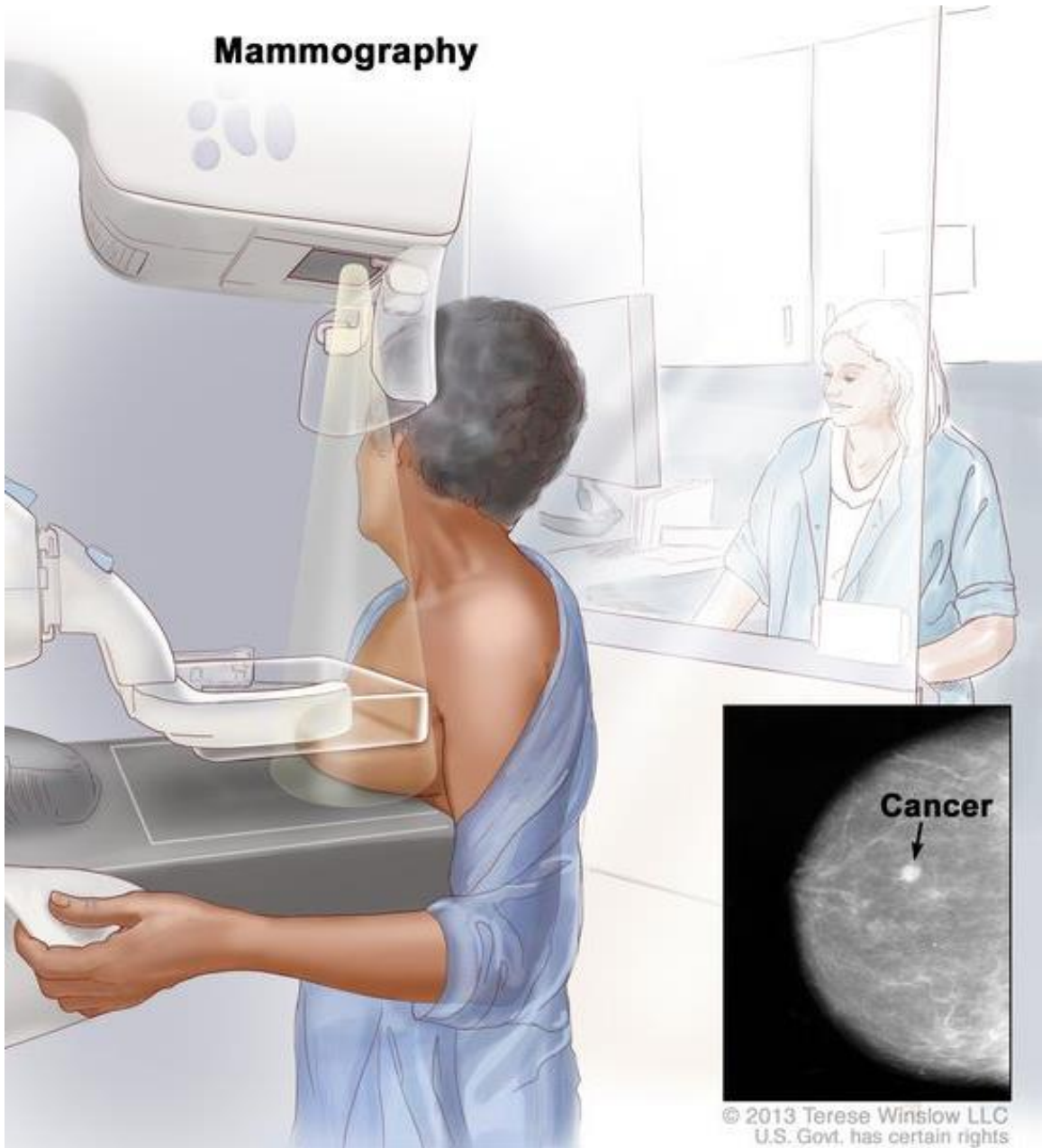
# Breast Cancer Screening

U.S. Preventive Services Task Force Breast Cancer Screening

*This topic is being updated.\**

Population	Recommendation	Grade
Women aged 50 to 74 years	The USPSTF recommends biennial screening mammography for women aged 50 to 74 years.	<b>B</b>
Women aged 40 to 49 years	<p>The decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial screening between the ages of 40 and 49 years.</p> <p>. For women who are at average risk for breast cancer, most of the benefit of mammography results from biennial screening during ages 50 to 74 years. Of all of the age groups, women aged 60 to 69 years are most likely to avoid breast cancer death through mammography screening. While screening mammography in women aged 40 to 49 years may reduce the risk for breast cancer death, the number of deaths averted is smaller than that in older women and the number of false-positive results and unnecessary biopsies is larger. The balance of benefits and harms is likely to improve as women move from their early to late 40s.</p> <p>. Women with a parent, sibling, or child with breast cancer are at higher risk for breast cancer and thus may benefit more than average-risk women from beginning screening in their 40s.</p>	<b>C</b>
Women aged 75 years or older	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening mammography in women aged 75 years or older.	<b>I</b>

## Mammography



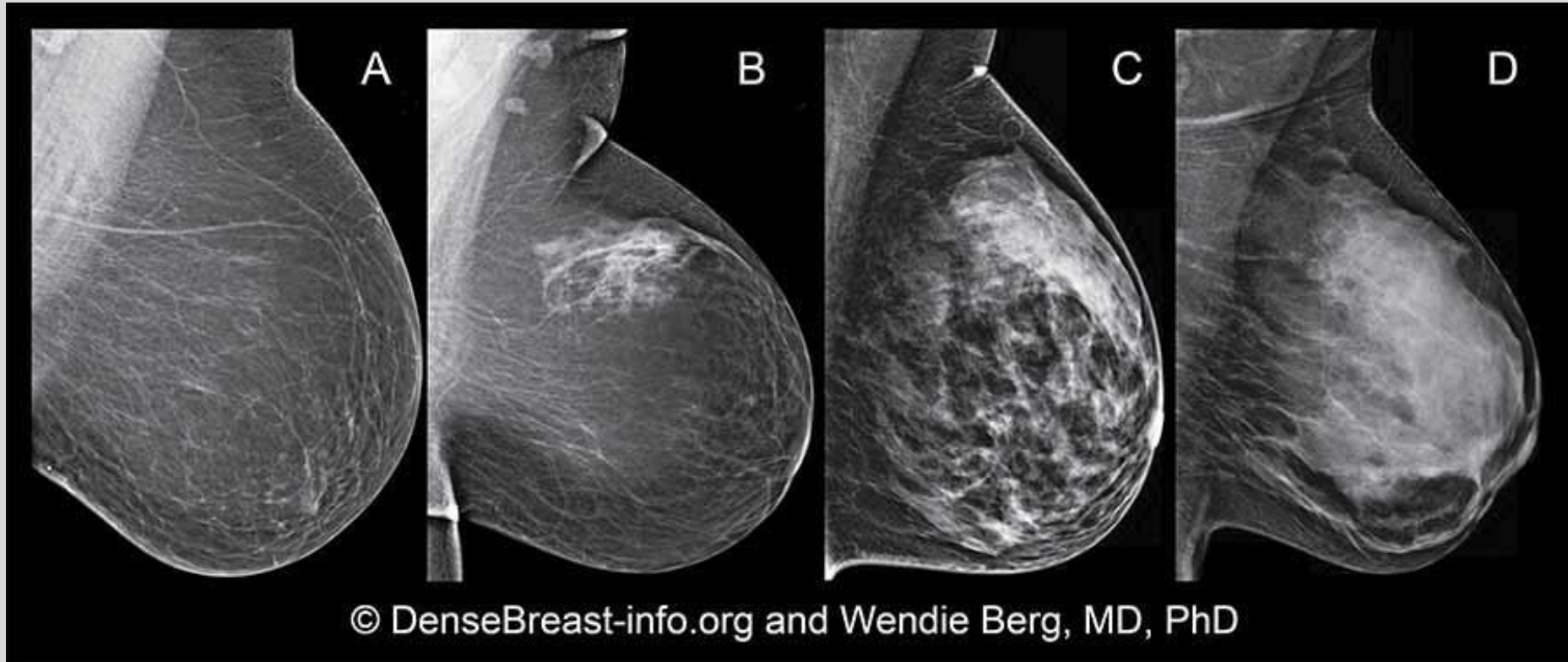
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# Mammography

- Picture of the inside of the breast
- Can find breast changes before symptoms develop
- Regular mammograms increase early detection.
- Mammograms are not perfect. They can miss some cancers. Sometimes a woman will need more tests to further evaluate whether something detected on a mammogram is cancer or not.



# Dense Breasts



Population	Recommendation	Grade
Women with dense breasts	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of adjunctive screening for breast cancer using breast ultrasonography, magnetic resonance imaging, DBT, or other methods in women identified to have dense breasts on an otherwise negative screening mammogram.	I

A close-up photograph of a bouquet of light pink roses. A wide, matching pink ribbon is wrapped around the bouquet, forming a large, vertical loop on the left side. The roses are in various stages of bloom, with soft, layered petals. The overall color palette is a range of light pinks and blush tones.

THANK YOU!

Any questions?

# References

- American Cancer Society. Cancer A-Z Breast Cancer. <https://www.cancer.org/cancer/breast-cancer.html>
- NIH National Cancer Institute. Cancer Types Breast Cancer. <https://www.cancer.gov/types/breast>
- UpToDate. Clinical features, diagnosis, and staging of newly diagnosed breast cancer. [https://www.uptodate.com/contents/clinical-features-diagnosis-and-staging-of-newly-diagnosed-breast-cancer?search=breast%20cancer&source=search\\_result&selectedTitle=2~150&usage\\_type=default&display\\_rank=2](https://www.uptodate.com/contents/clinical-features-diagnosis-and-staging-of-newly-diagnosed-breast-cancer?search=breast%20cancer&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2)
- U.S. Preventive Services Task Force. Breast Cancer: Screening. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>





**WIN \$50**

Get Screened

If you're a StayWell health member and received your annual mammogram between January 1, 2021 through December 30, 2021, you are eligible to enter for a chance to win a cash prize of \$50!

Each week 3 raffle prize winners will be announced. First raffle drawing is on October 8, 2021.

For raffle terms & conditions, please visit <https://bit.ly/3umKMZy>

## HOW TO ENTER

Call any of the numbers below starting October 1, 2021 through December 30, 2021

**GUAM**

(671) 477-5091 ext. 1120/  
1140/1150/1160/1185

**SAIPAN**

(670) 323-4260 ext. 2220

OCTOBER IS BREAST CANCER AWARENESS MONTH

