

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 Factors

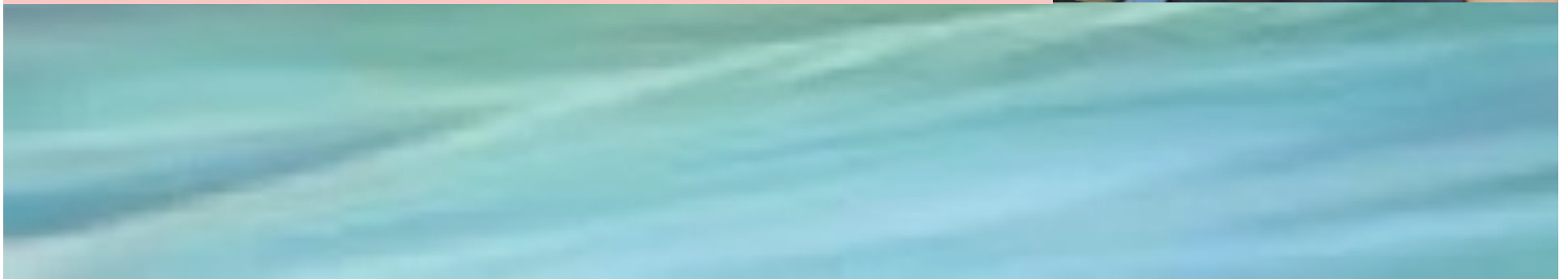
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**Risk is the chance that
something will happen**



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%

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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

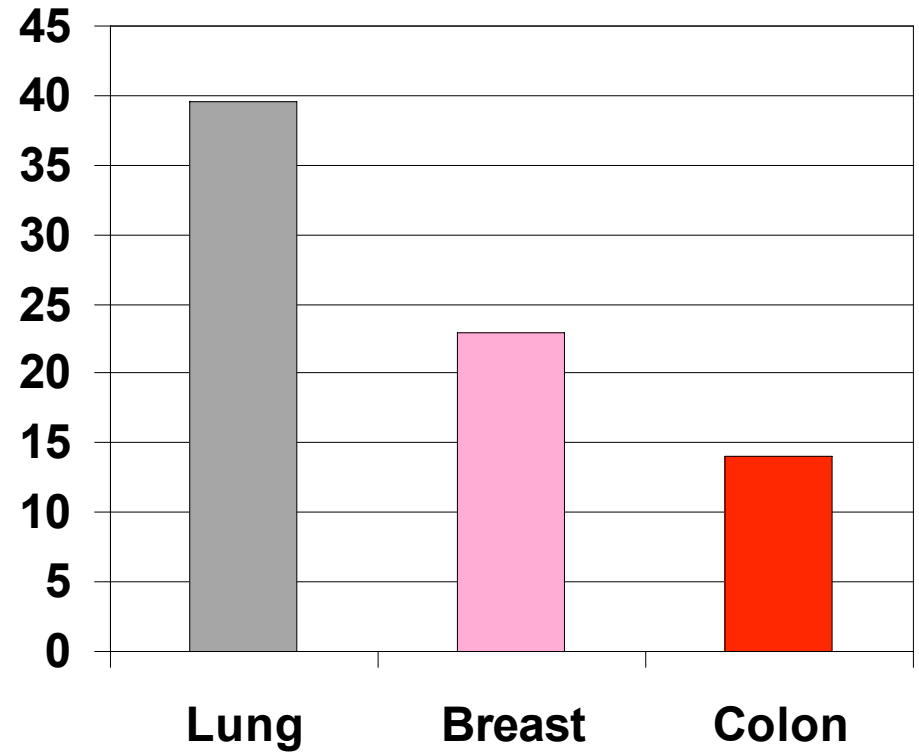
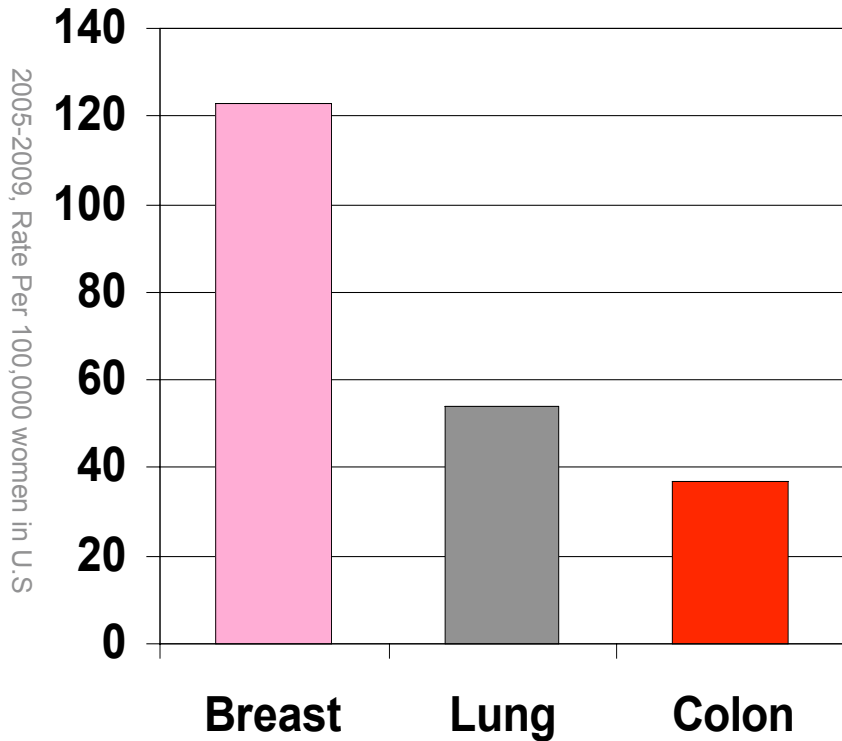
What are the Biggest Risk Factors?



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

Top Cancers in Women

Top Cancer Deaths in Women



Comparing Deaths in Women

**#1 cause of
Death in women**

**#1 cause of
CANCER Death in
women?**

**Heart
Disease**

**Lung
Cancer**

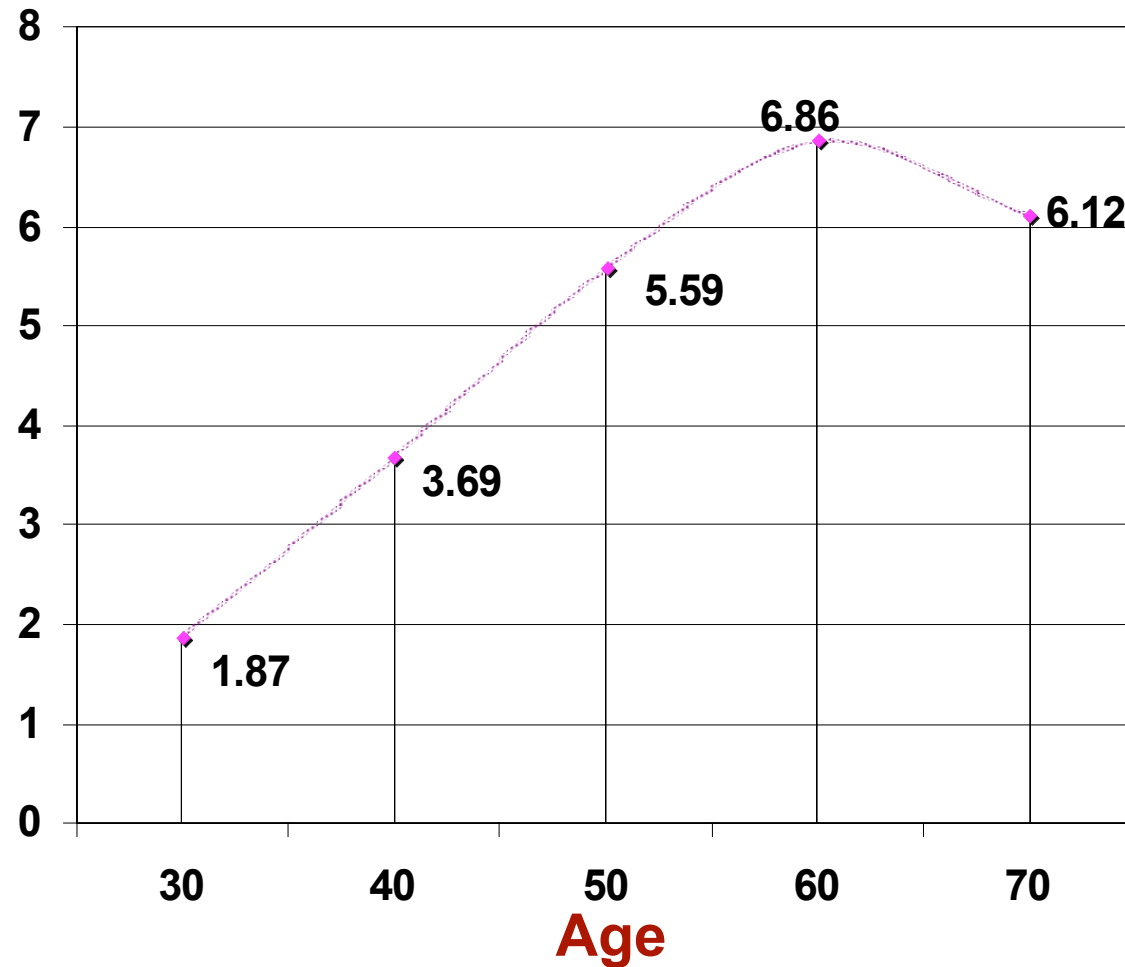
Bottom Line...

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



Comparing Risk Factors for Breast Cancer

not all risks are the same

Minor Risk Factors

- Starting Periods Early
- Late menopause
- No children
- More than 30 years age at first birth
- Hormone Replacement Therapy for more than 5 yrs
- Obesity after menopause
- More than 2 drinks/day

Moderate Risk Factors

- One 1st-degree relative* with breast cancer
- Prior breast cancer without family history
- Breast biopsy with abnormal cells
- Breast density

*1st degree relative = Mom, Sister

I Am High Risk because...

I had Chest Radiation (for previous cancer)

I carry the gene for breast cancer

I Have a **Family** with...

- Two or more relatives with **breast cancer**, one **before 50**.
- One relative with breast cancer and one with ovarian cancer
- A 1st degree **male** relative with breast cancer
- Two or more relatives with ovarian cancer, one before 65.
- **Ashkenazi Jewish Heritage** with more than 2 relatives with breast cancer or ovarian cancer
- One relative with **both** ovarian AND breast cancer

*1st degree relative = Mom, Sister, Brother, Father

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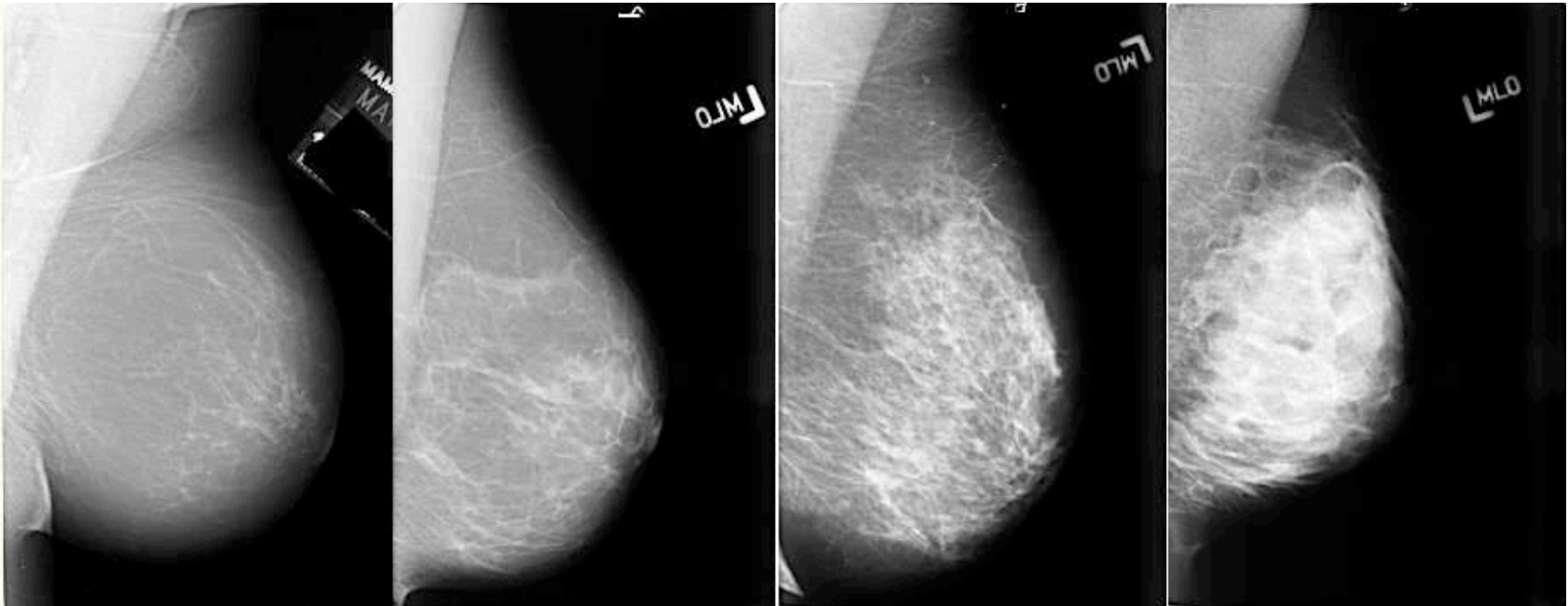
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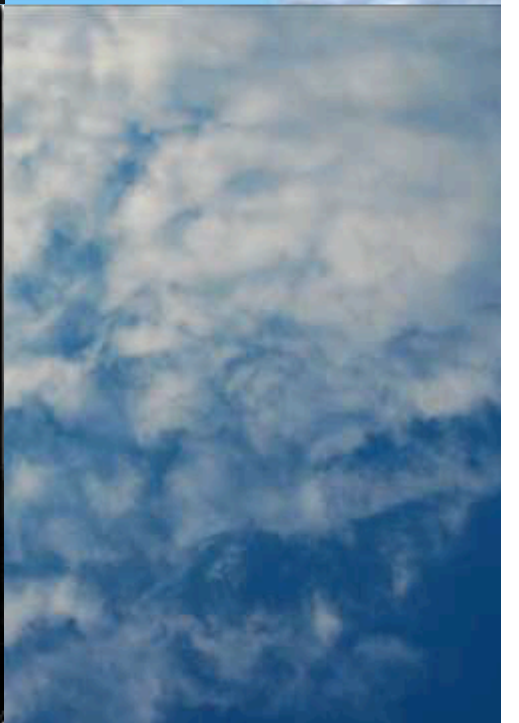
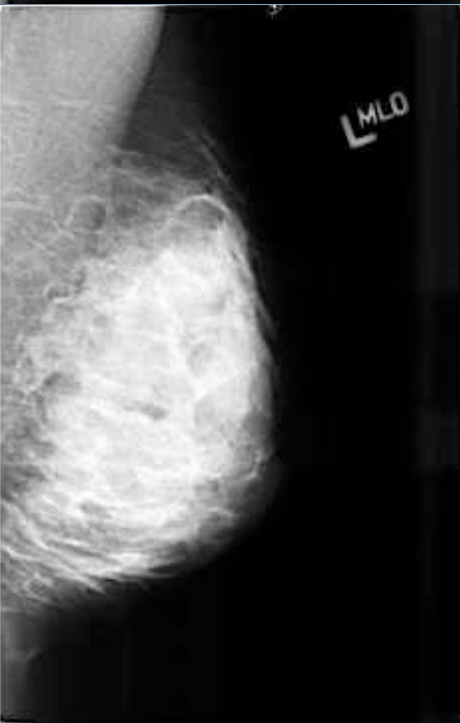
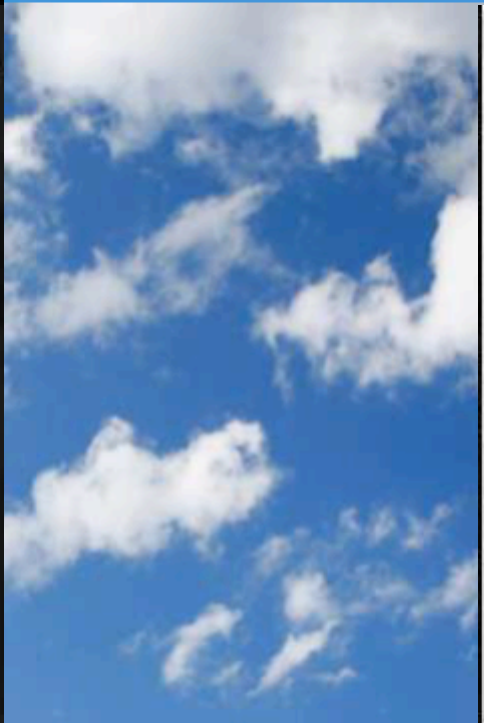
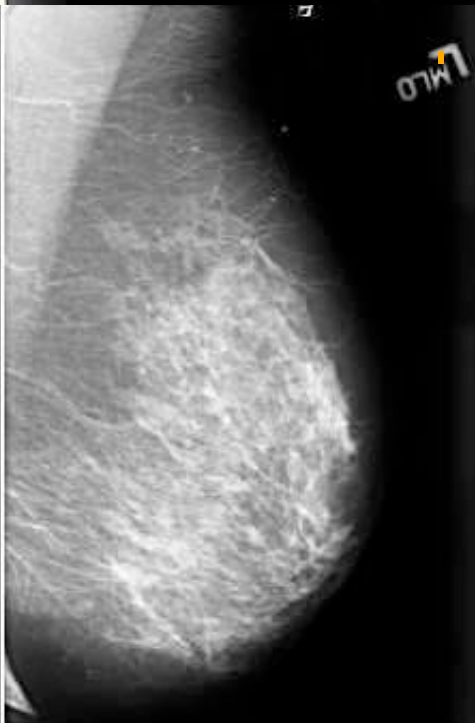
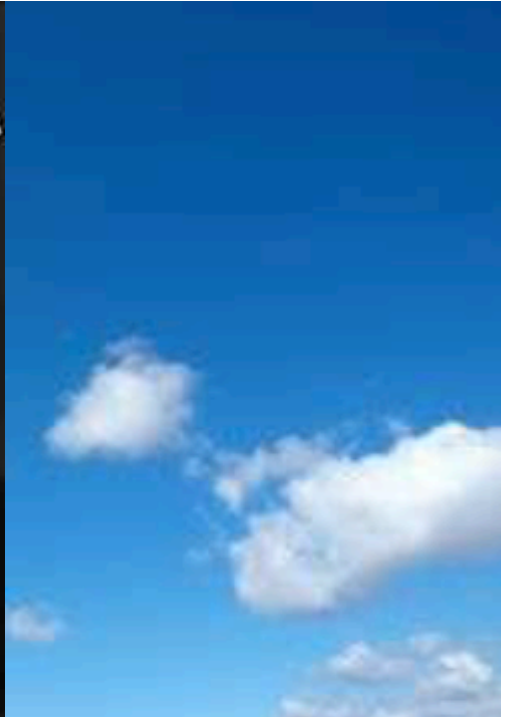
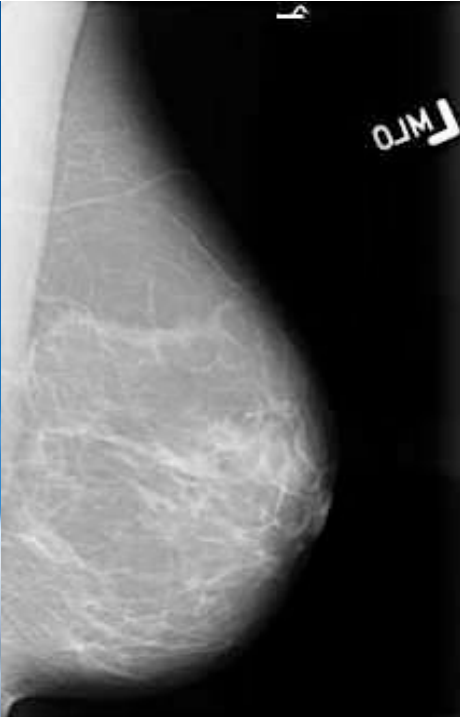
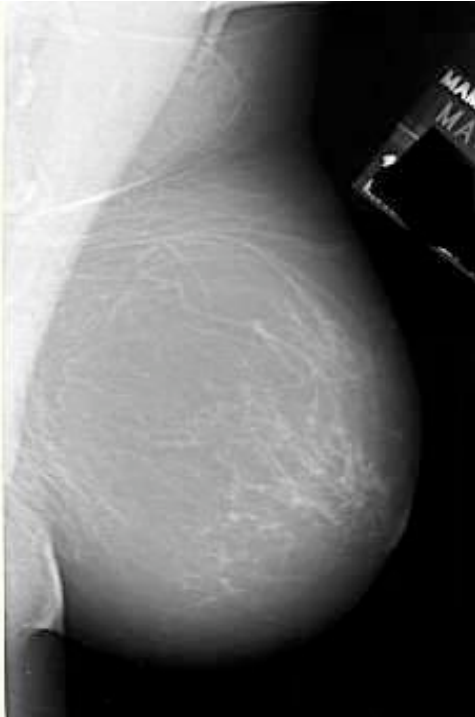
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Breast Density is

...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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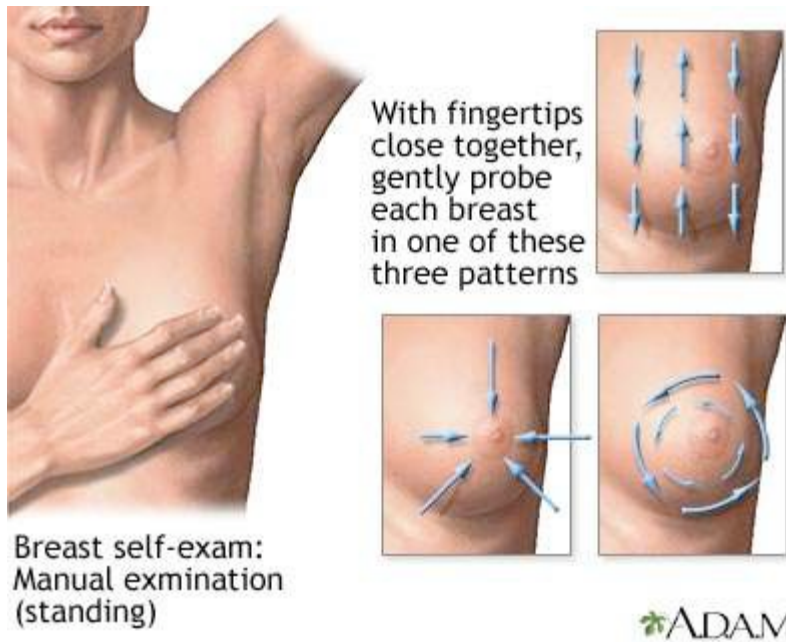
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Risk Reduction Options

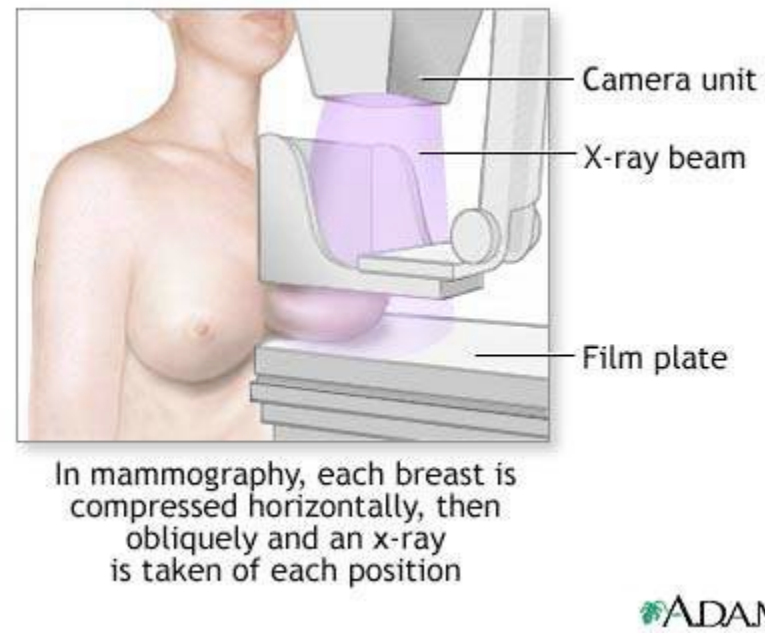
All Risk

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**

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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.

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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.

