

# Breast Cancer Realities Of Coping & Survival: What Every Woman (and Man) Needs to Know"

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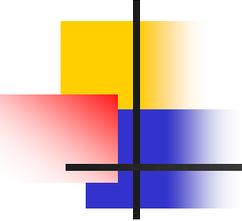
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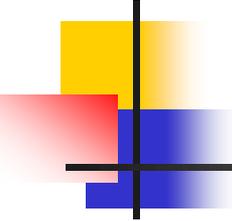
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- Breast cancer impacts a lot of lives
  - New cases yearly 284,200
    - 281,550 Women
    - 2650 Men
  - AZ- 5850 female breast cases





# The Good News

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- Black and Hispanic incidence not higher than White women
- 80% women of color with breast ca alive 5 yr
- >90% localized breast cancer cured
  - Early stage survival Hispanic = non Hispanic white
- Death rates decreasing
- Women can survive and thrive





# Not so good news

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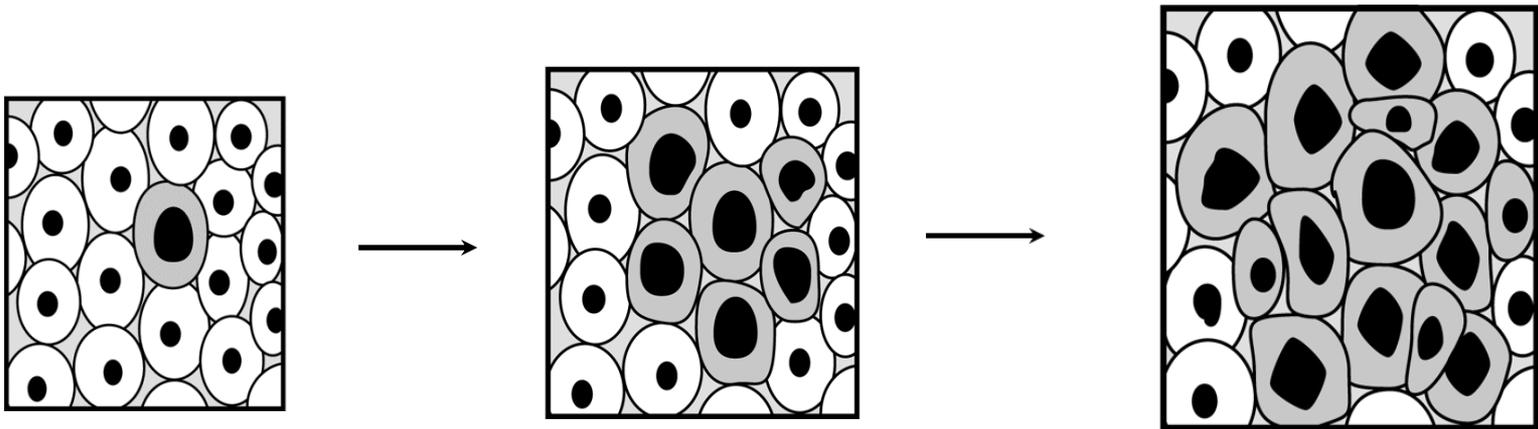
Overall survival in Black women breast can lower

- Biologic factors of cancer
  - Triple Negative higher in Black women
  - Higher grade
- Later stage at diagnosis
- Less access to high quality, timely treatment
- Underlying illness

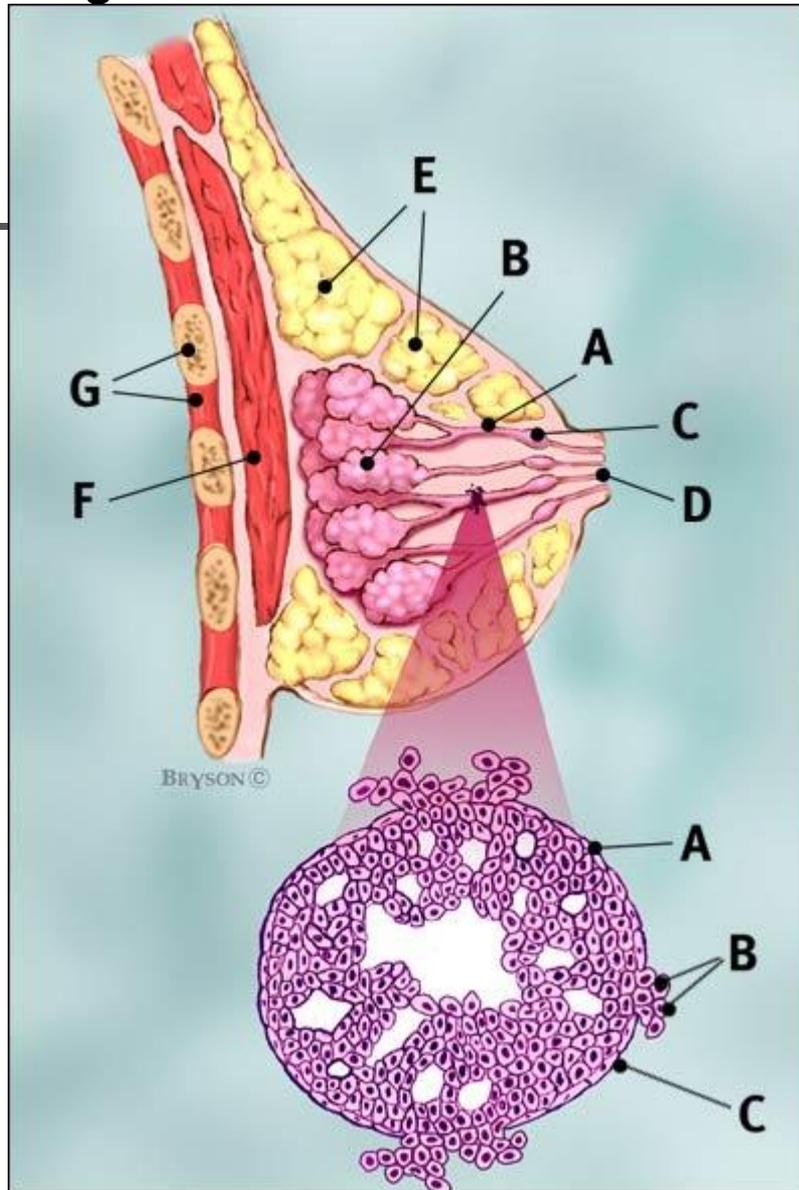


# What is Breast Cancer?

Breast cancer is a disease where cells in the breast tissue divide and grow without normal controls.



# Image - Invasive Ductal Carcinoma (IDC)



# What causes breast cancer?

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# Genetics & breast cancer

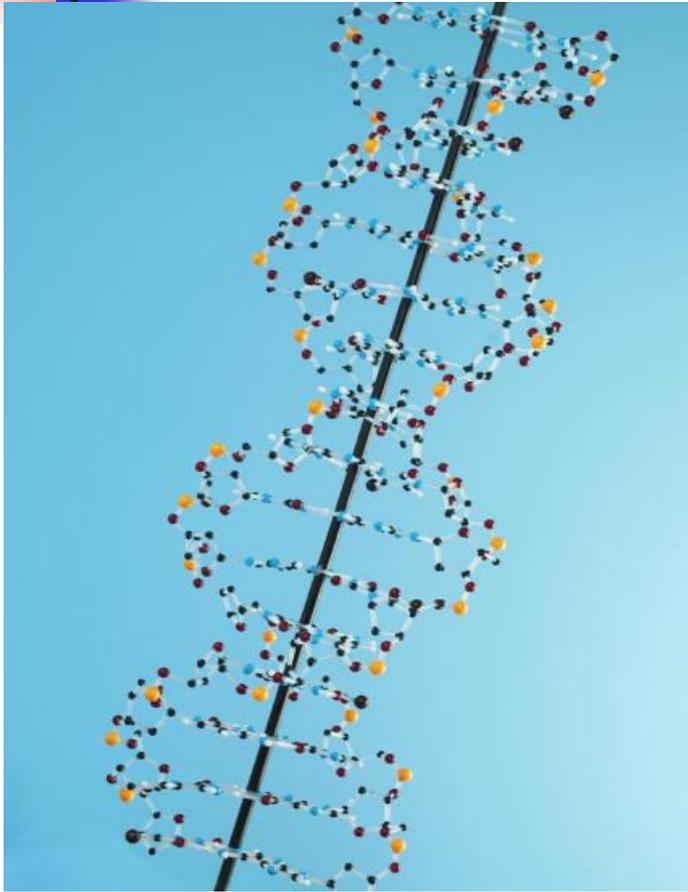
- Gene mutations are spontaneous or inherited.

- Several inherited mutations have been linked to breast cancer:

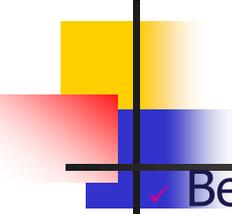
- *BRCA1* and *BRCA2*

- Inherited mutations are in the general public - 1 in 400 to 1 in 800

- About 5 – 10 percent of breast cancer cases in the U.S. are linked to inherited gene mutations.



# Breast cancer risk factors

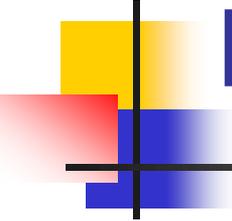
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- ✓ Being female
  - ✓ Getting older
  - Inherited genetic mutations
    - Male breast cancer
  - Family history
  - Dense breasts
  - High blood estrogen levels
  - Previous breast cancer
  - No children / first child after 35
  - Overweight / adult weight gain
  - Drinking alcohol
  - Menopausal hormone use
  - First period before 12
  - No physical activity
  - Not breastfeeding



# Early detection



- Early detection and effective treatment offer the best chance of survival.
- Breast cancer mortality rate in the U.S. declined 40 percent from 1989-2016!



# Know what is your normal

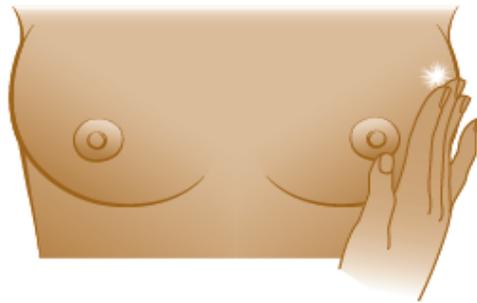
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- ✓ Know how your breasts look and feel and report changes to your health care provider

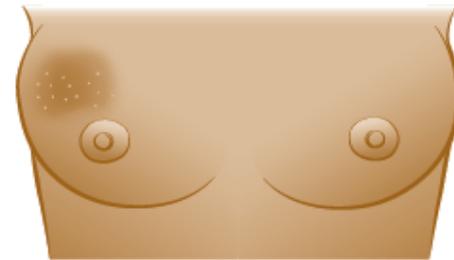


# Breast changes that should be reported to a health care provider

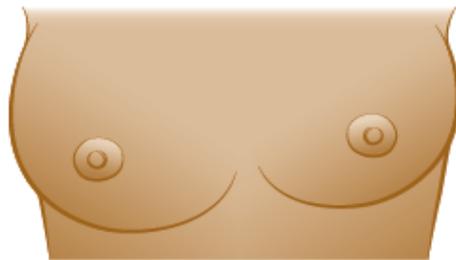
- Lump, hard knot or thickening inside the breast or underarm area



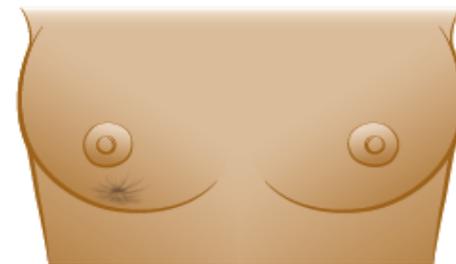
- Swelling, warmth, redness or darkening of the breast



- Change in the size or shape of the breast

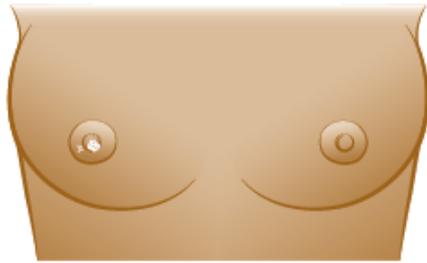


- Dimpling or puckering of the skin

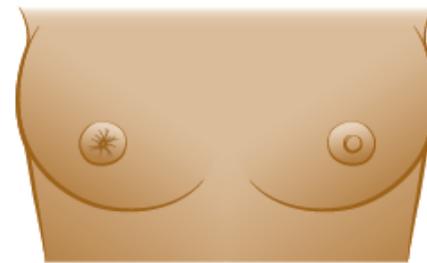


# Breast changes that should be reported to a health care provider

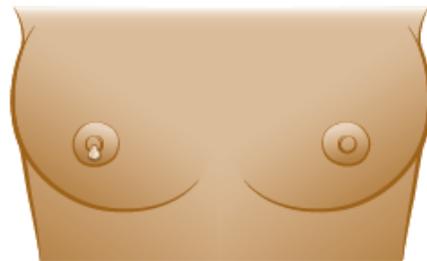
- Itchy, scaly sore or rash on the nipple



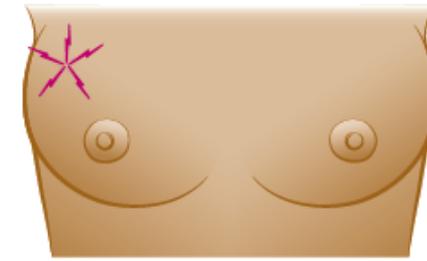
- Pulling in of your nipple or other parts of the breast

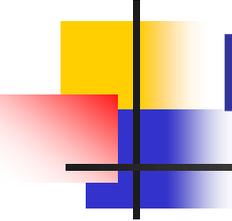


- Nipple discharge that starts suddenly



- New pain in one spot that does not go away

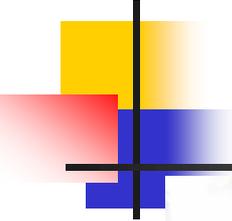




# Get screened- Early detection is key

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- ✓ Talk with your doctor about which screening tests are right for you if you are at a higher risk.
- ✓ Have a mammogram every year starting at age 40 if you are at average risk.
- ✓ Discuss with your physician when to stop screening
- ✓ Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
- ✓ Mammogram OK even in the pandemic

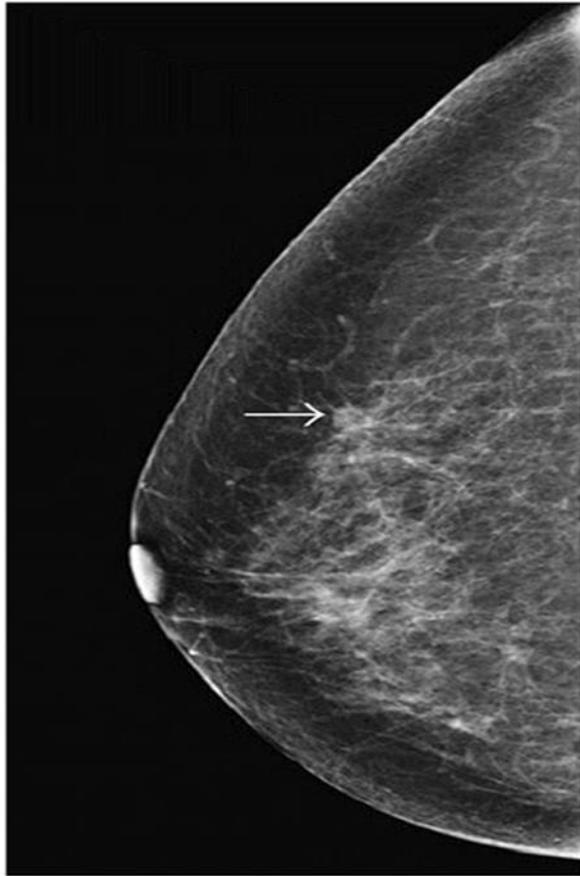


# Mammography

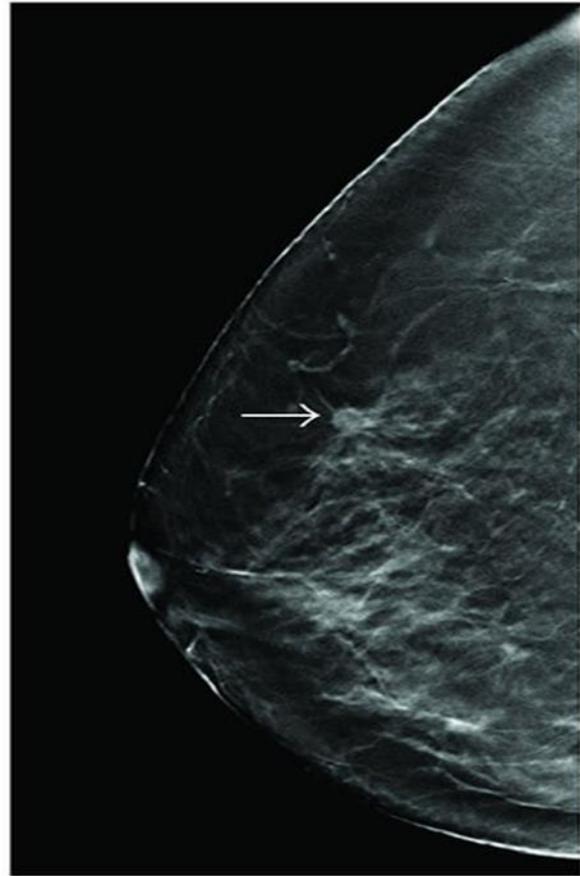
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- Best screening tool widely available for finding breast cancer early
- If a woman is under 40 and has a family history or other concerns, she should talk with her doctor
- Can be used as a diagnostic test for women (and men) at any age



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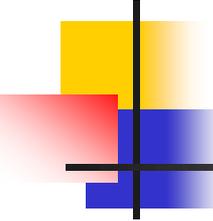


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# What can you do??

- ✓ Maintain a healthy weight
- ✓ Add exercise into your routine
- ✓ Limit alcohol intake
- ✓ Limit menopausal hormone use
- ✓ Breastfeed, if you can





# Other things you can do

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- Know your risk
  - No family history doesn't mean you are not at risk!
- Get screened
- Share something you learned today with someone you care about

**If you think something is wrong or are diagnosed seek medical care and seek support**



# What can you do if diagnosed

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- Seek the best care team you can
- Educate yourself
  - Read reliable sources
  - Know the details of your cancer
  - Understand treatment options
- Find support
  - Mental/ emotional/spiritual
  - Take someone with you to appointments
- Separate fact from fiction

# Diagnosis and Staging



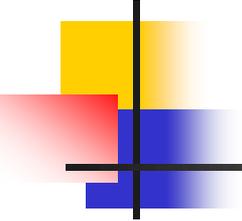
- Not all breast cancer is the same – there are different types
- Today a biopsy is needed to make a diagnosis of breast cancer
- The findings from a biopsy are reported on a pathology report

# Breast cancer treatment

- Surgery
- Radiation
- Chemotherapy
- Hormone therapy
- Targeted therapy



**There are different ways to treat breast cancer.**



# Personalized treatments

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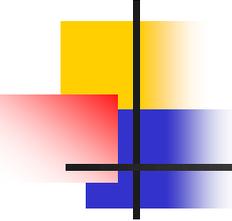
- Pathology report
  - Your specific breast cancer (the biology of the tumor)
  - The stage of the breast cancer (size, extent of spread, tumor characteristics)
- Your overall health and age
- Other medical issues
- Your personal preferences

# Clinical trials

- What is a clinical trial?
- Why are they important?



Interested in learning more about a trial? Visit [breastcancertrials.org](http://breastcancertrials.org); [Mayoclinic.org](http://Mayoclinic.org)



# We are here for you

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