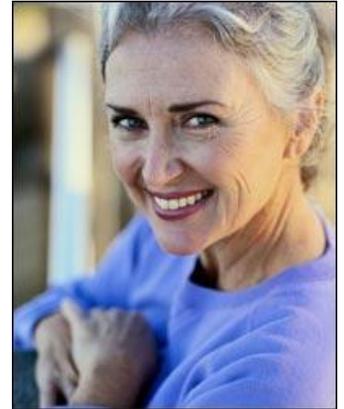


Breast Cancer Awareness Month 2011



October is Breast Cancer Awareness Month. Breast cancer is second only to lung cancer as the leading cause of cancer death among women in Ohio and Ohio averages 119.9 new invasive cancer cases annually per 100,000 women, according to the Ohio Cancer Incidence Surveillance System. Annually in Ohio, between 2003 and 2007, an average of 8,073 new cases of female breast cancer was diagnosed.



▶ **Nearly all breast cancers can be treated successfully if detected early.** In Ohio, for the period 2003-2007, 68 percent of breast cancers were diagnosed early (*in situ*.) Nationally, deaths from breast cancer have steadily declined since 1990, with the largest decreases among women under 50. The five-year survival probability for localized cancer was 98 percent in 1999-2006. Improved mammography, screening and better treatment options are credited with the declining death rate. From 2002-2006 in Ohio, 97 percent of breast cancer deaths occurred in women 40 and older.

▶ **An annual mammogram beginning at age 40 is the most effective way to detect breast cancer at an early, curable stage.** Sixty-one percent of Ohio women 40 and older reported having a mammogram in the past year, according to the 2008 Ohio Behavioral Risk Factor Surveillance System. Annual breast exams by a doctor or a nurse and monthly breast self-examination are also important for early detection. Women at a high risk for breast cancer may be advised to seek magnetic resonance imaging (MRI) as well.



Women also need to be aware that Inflammatory Breast Cancer (IBC) is an aggressive cancer that often is not detected by a mammogram. Women who observe a rash, dimpling, inversion of the nipple, or redness on the breast should be examined to rule out IBC. Biopsy and/or MRI may be the best means to detect IBC.

American Cancer Society (ACS) recommendations for the early detection of breast cancer for average-risk, asymptomatic people by age group are:

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| 21-39: | Clinical breast exam yearly.
Breast self-exam monthly. |
| 40-49: | Mammogram yearly.
Clinical breast exam yearly.
Breast self-exam monthly. |
| 50+: | Mammogram yearly.
Clinical breast exam yearly.
Breast self-exam monthly. |



Women 40 and over, who lack health insurance and cannot afford to pay for breast cancer screenings, may be eligible for breast and cervical cancer screening, diagnosis and treatment through the Ohio Breast and Cervical Cancer Project (BCCP) at 614-728-2177. Women who call will be referred to the nearest BCCP Enrollment Agency for eligibility determination. Women found not to be eligible for BCCP will be referred to other community screening resources.

Resources

- American Cancer Society: <http://www.cancer.org/docroot/home/index.asp>
- Centers for Disease Control: <http://www.cdc.gov/cancer/breast/>
- National Institutes of Health: <http://health.nih.gov/category/WomensHealth>
- Susan G. Komen: <http://ww5.komen.org/>
- The Ohio State University /The James: <http://cancer.osu.edu/patientsandvisitors/Pages/index.aspx>

For More Information about the Ohio Breast and Cervical Cancer Project please visit:
http://www.odh.ohio.gov/odhPrograms/hprp/bc_canc/bcanc1.aspx

