

Female Breast Cancer in Ohio

What do I Need to Know?



Comprehensive Cancer Control Program
Bureau of Healthy Ohio
Division of Prevention and Health Promotion

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What is breast cancer?

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. The breast is made up of three main parts: glands, ducts, and connective tissue.

Sometimes breast cells become abnormal and grow faster than normal cells. These extra cells form a mass called a tumor. Tumors can be “benign,” or not cancerous while other tumors are “malignant,” or cancerous and have the ability to spread to other parts of the body.

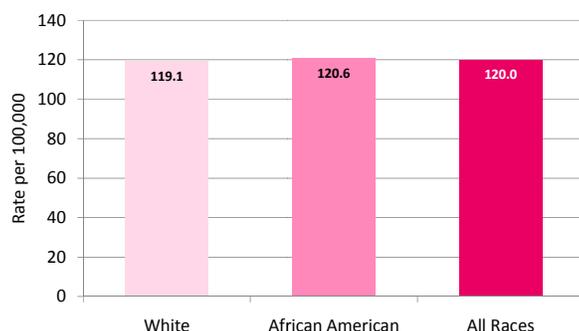


How does breast cancer affect the U.S. and Ohio populations?

- Breast cancer is the most common invasive cancer diagnosed in women in Ohio and the United States.
- During 2005-2009, an average of 8,245 new cases of invasive breast cancer were diagnosed each year among female Ohio residents. An average of 1,844 Ohio females died each year from breast cancer.
- More than 95 percent of female breast cancers occur in women 40 and older.

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Average Annual Invasive Female Breast Cancer Incidence Rates
by Race in Ohio, 2005-2009^{1,2}



¹ Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2012.

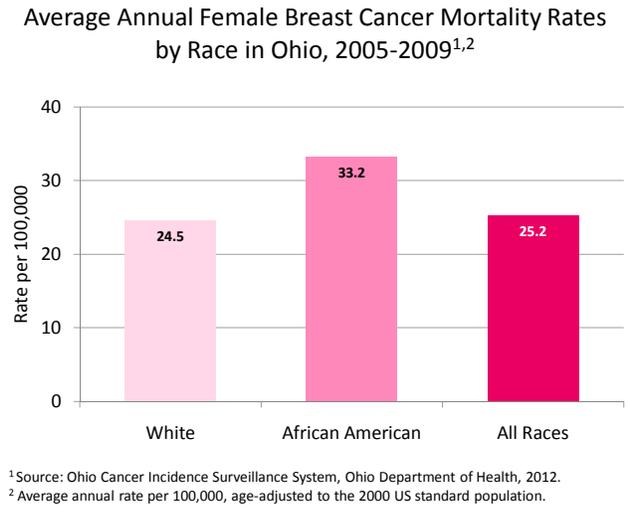
² Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

- Currently, a woman living in the United States has a 1 in 8 lifetime risk of developing invasive breast cancer.

- Rates of invasive breast cancer are similar between white and African American women in Ohio (Figure 1).

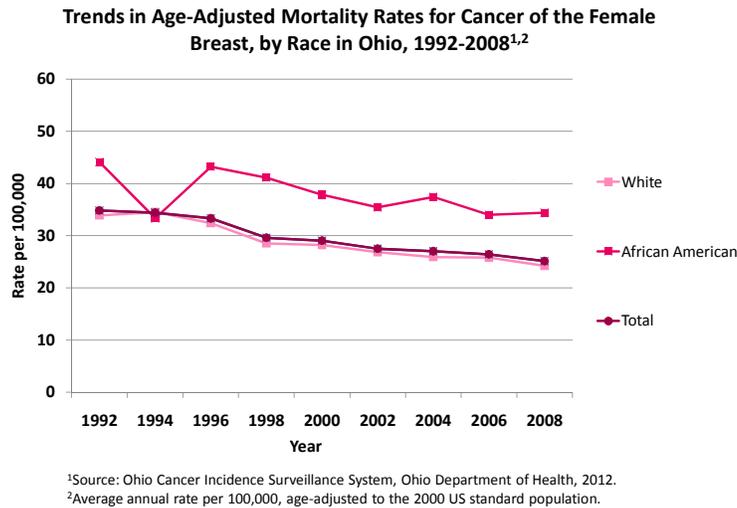
- African American women in Ohio are more likely to die from breast cancer, compared to white women (Figure 2).

Figure 2



- In the United States and Ohio, breast cancer ranks second in cancer deaths among women, following lung cancer.
- Breast cancer deaths account for 15 percent of all deaths from cancer among women in Ohio.

Figure 3



- Breast cancer death rates declined 28.6 percent for white women and 22.0 percent for African American women from 1992-2008. (Figure 3)

- While deaths from breast cancer have decreased for both groups during the past decade, deaths from breast cancer continue to remain higher for African American women in both the United States and Ohio.

What causes breast cancer and who is at risk?

The exact cause of most breast cancer is not yet known. Your risk is considered higher than average if:

- You are getting older
- You have not had children, or had your first child later in life
- You did not breastfeed
- You started your menstrual period at an early age
- You began menopause at a late age
- You have a personal history of breast cancer or certain benign breast disease
- You have a family history (such as a mother, sister or daughter) of breast cancer
- You have a genetic condition, such as certain mutations in your BRCA1 or BRCA2 genes
- You have been treated with radiation therapy to the breast or chest
- You are overweight, particularly after menopause
- You have used hormone replacement therapy for a long period of time
- You drink more than one alcoholic beverage a day
- You do not get regular exercise

Are there symptoms of breast cancer?

Symptoms can include:

- A new lump in the breast or underarm
- Any change in the size or shape of the breast
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Pain in any area of the breast
- Flaky, red, or swollen skin anywhere on the breast
- A nipple that is very tender or that suddenly turns inward
- Blood or any other type of fluid coming from the nipple that is not milk when nursing a baby

Any changes in the breast should be reported to a health care professional.

These symptoms are not always due to cancer. Other health problems can cause the same symptoms. Anyone with these symptoms should see a doctor to be diagnosed and treated as early as possible.

Early cancer usually does not cause pain. It is important not to wait to feel pain before seeing a doctor.

How can women help prevent breast cancer?

- Have regular screening tests for breast cancer
- Know your family history of breast cancer
- Maintain a healthy body weight and exercise regularly
- Limit your alcohol consumption
- Avoid using hormone replacement therapy (HRT) or find out the risks and benefits of HRT and determine if it is right for you

Is there a way to find breast cancer or precancerous conditions early?

Getting a screening mammogram for breast cancer could save your life. Talk to your doctor about when you should have one: Here's why:

- Screening mammograms are a series of x-ray pictures of the breast that allow doctors to look for early signs of breast cancer, sometimes up to three years before it can be felt
- When breast cancer is found early, treatment is most effective, and many women go on to live long and healthy lives

What are the additional tests to detect breast cancer if I have an abnormal mammogram?

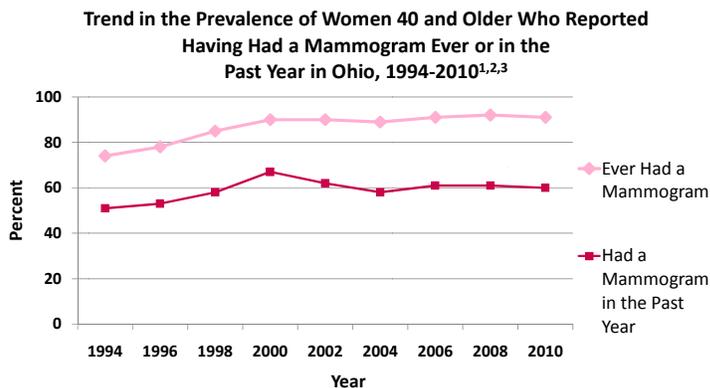
Several tests are available for additional breast cancer detection. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. Some types of tests include:

- Ultrasound
- Magnetic Resonance Imaging (MRI)
- Biopsy



Who gets breast cancer screening in Ohio?

Screening tests are a powerful tool in the prevention, early detection and successful treatment of breast cancers. In Ohio, the number of cancer deaths has declined as the number of women who are screened for breast cancer has increased.



¹ Source: Ohio Behavioral Risk Factor Surveillance System, Ohio Department of Health, 2012.

² The weighted percentages were adjusted to: 1) probability of selection, i.e. the number of different phone numbers that reach the household, the number of adults in each household, and the number of completed interviews in each cluster; and 2) demographic distribution, i.e., age and gender.

³ "Don't Know" and "Refused" were excluded from the denominator. This can cause an artificially high percentage.

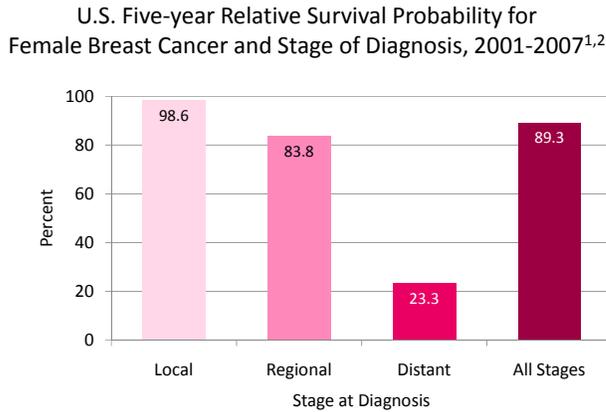
- From 1994 to 2010, the number of women aged 40 and older who reported having a mammogram in the past year rose from 51 percent in 1994 to 60 percent in 2010 (Figure 4).

- The number of Ohio women aged 40 and older who reported ever having a mammogram in the past rose from 74 percent in 1994 to 91 percent in 2010 (Figure 4).

Does the stage of diagnosis make a difference?

Regular screening tests by a health care professional can result in the detection of breast cancer at earlier stages, when treatment is more likely to be successful.

Figure 5



¹ Source: Surveillance, Epidemiology, and End Results (SEER) Program, *SEER Cancer Statistics Review 1975-2008*, National Cancer Institute, 2011.
² SEER 17 areas. Based on follow up of patients into 2008.

- When breast cancer is found early (at the local stage) the five-year survival likelihood is over 98 percent (Figure 5).

Stage of Diagnosis

Local – A malignant tumor confined entirely to the organ or origin.

Regional – A malignant tumor that has extended beyond the organ of origin directly into surrounding organs or tissues or into regional lymph nodes.

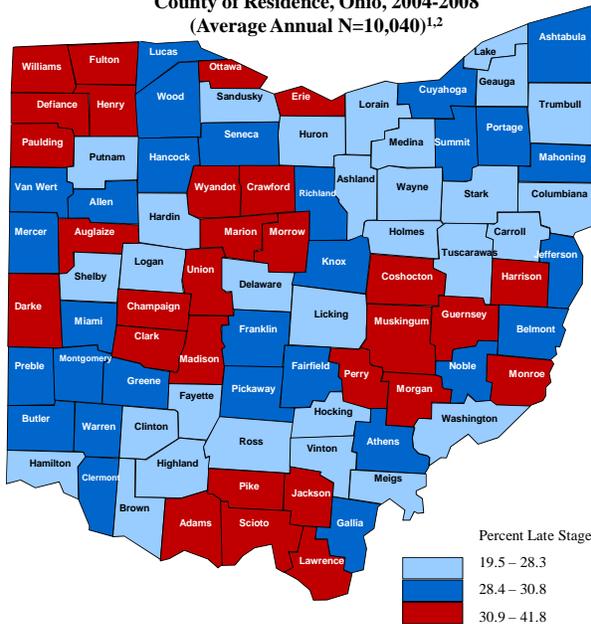
Distant – A malignant tumor that has spread to other parts of the body (distant organs, tissues and/or lymph nodes) remote from the primary tumor.

Unstaged/Unknown – Insufficient information is available to determine the stage or extent of the disease at diagnosis.

Figure 6



Cancer of the Female Breast: Proportion of Cases (%) Diagnosed Late (Regional or Distant) Stage by County of Residence, Ohio, 2004-2008 (Average Annual N=10,040)^{1,2}



¹ Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2011.

² Each category represents approximately 33%, or 29, of the 88 Ohio counties.

- More than one-fourth (29 percent) of all breast cancers in Ohio are diagnosed regional or distant stage, when survival is not as high. Figure 6 presents the percentage of regional and distant stage breast cancer by Ohio county.

Is breast cancer screening covered by insurance?

Most insurance companies help pay for screening tests for women aged 40 or older. Many plans also help pay for screening tests for women less than age 40 who are at increased risk for breast cancer. Check with your health insurance provider to determine your breast screening benefits.

People with Medicare who are aged 40 or older are eligible for breast cancer screening. There is no age limit for mammography screening. For more information about Medicare's coverage related to breast cancer screening, call the Centers for Medicare and Medicaid Services at 1-800-MEDICARE (1-800-633-4227) or visit the Medicare Web site at <http://www.medicare.gov>. TTY users should call 1-877-486-2048.

If I am without health insurance and live in Ohio, is there a way to obtain breast cancer screening?

Many providers know the importance of screening and will work with you to ensure you can get the best screening for you based on your medical and family history. Some communities offer no-cost or reduced-cost screening programs to people without financial resources. Other communities have medical providers who are willing to provide these services on a case-by-case basis. To find a resource in your area, please contact the American Cancer Society at 1-888-227-6446.

What is Ohio doing to increase access to breast cancer screening for persons with financial need?

The Ohio Department of Health, through funding by the Centers for Disease Control and Prevention and the State of Ohio, has a Breast and Cervical Cancer Project (BCCP). The project provides education, screening, rescreening, diagnostics and case management related to breast and cervical cancer. Women diagnosed in the BCCP typically will be eligible to receive treatment through BCCP Medicaid.

Services

Eleven regional, multi-county projects operate the BCCP at the local level. Services include mammograms, Pap tests, office visits, clinical breast exams, colposcopies, breast ultrasounds, biopsies and other diagnostic procedures. Clinical services are provided through a network of about 650 Ohio primary care physicians, nurse practitioners, gynecologists, surgeons, mammography facilities, radiologists, technologists/ technicians and cytologists.

Who Is Eligible?

Women are generally eligible for the BCCP if they meet the following:

- Live in households with incomes equal to or less than 200 percent of the poverty level, and
- Have no health insurance, and
- Are 40 years of age or older to receive Pap tests and clinical breast exams, or
- Are 50 years of age or older to receive mammograms and further diagnostic services when appropriate or
- Are 40-49 and are at high risk for breast cancer or have a physician-confirmed abnormality, to receive mammograms and/or further diagnostic services.

How do I contact the BCCP?

Telephone: (614) 728-2177

Fax: (614) 564-2409

E-mail: BHPRR@odh.ohio.gov

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The Ohio Department of Health

<http://www.odh.ohio.gov>

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