



FACTS ABOUT

Breast Cancer in Idaho

Breast cancer is the most common cancer among American women, except for skin cancers. Breast cancer is the second leading cause of cancer death in women. About 1 in 8 (12%) women in the U.S. will develop breast cancer during their lifetime. **In 2012, Idaho had the second lowest mammography rate in the U.S. for women over the age of 40.** Idaho consistently ranks at or near the bottom with only 64.6% among women aged 40+ and 69.4% of women aged 50-74 having had a mammogram in the previous two years. More than 127,000 Idaho women over the age of 40 have not had a mammogram in the previous two years. Although women without health care coverage are much less likely to get mammograms (33.4% versus 69%) most of the women in Idaho who are deficient in getting timely mammograms have health care coverage.

Idaho by the Numbers

Incidence

- In 2011, there were almost 1,200 new cases of breast cancer diagnosed among women in Idaho.
- In 2011, 997 invasive cases and 224 non-invasive cases were reported.
- One in eight women will develop breast cancer during their lifetime.

Survival

- The 5-year survival rate for breast cancer in Idaho is approximately 90%.
- For distant stage cases, the 5-year survival rate is only 26%, however for cases found before the disease has spread, the 5 year survival rate is 98%.

Mortality

- In 2012, 144 women died of breast cancer.
- Idaho's breast cancer mortality rate is 21.3, and the national mortality rate is 21.9.
- Nationally and in Idaho, breast cancer mortality rates have decreased about 30% since the 1980's.



Rates per 100,000 population, age adjusted to the 2000 U.S. population standard.

Idaho Women's Health Check (WHC) Breast Screening for Low Income & Uninsured

Year	Women Served	Screening Mammograms	Breast Cancer Diagnosed
2013	4,719	3,579	79
2012	4,474	3,297	71
2011	4,698	3,236	77
2010	4,702	3,340	85

Women's Health Check is a breast and cervical cancer early detection program for Idaho women. Eligibility criteria can be found at www.womenshealthcheck.dhw.idaho.gov



Idaho Women's Health Check
(208) 334-5805

Operation Pink B.A.G. (Bridging the Access Gap) is a collaborative project seeking to improve Idaho's screening mammography rates among age-eligible female populations residing in underserved communities or disparate populations by increasing access to mammography services. www.operationpinkbag.org

Survivorship

and long term effects of treatment

Cancer treatment can leave behind many lingering and long-term physical, psychosocial, emotional, and economic effects. These are individually specific and can last a lifetime. Survivorship issues include:

- Fatigue and reduced physical strength
- Pain
- Lymphedema and swelling
- Anxiety and depression
- Peripheral neuropathy - tingling or loss of sensation in extremities
- Difficulty concentrating, confusion, and memory loss
- Financial difficulty
- Scars and scar tissue
- Fertility issues



Breast Cancer in Idaho

RISK FACTORS

Gender & Age

- The greatest risk factors for breast cancer are being a female and growing older. Men can develop breast cancer, but the risk is about 100 times higher for women.

Genetics & Family History

- Approximately 5% to 10% of breast cancers result from inherited breast cancer genetic mutations including BRCA 1 and BRCA 2.
- Most women (85%) who get breast cancer do not have a family history, but having a first-degree relative with breast cancer almost doubles the risk, and having 2 first-degree relatives with breast cancer increases the risk 3-fold.

Race & Ethnicity

- In the U.S., white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die from breast cancer.

Other Lifestyle Associated Risk Factors

- The use of combined post-menopausal hormone therapy (estrogen and progesterone) increases the risk of breast cancer.
- Being overweight or obese increases breast cancer risk for women after menopause.
- Breast cancer risk is 25% lower among the most physically active women as compared to the least active women. Women with high estrogen levels in their blood have increased risk for breast cancer. Since exercise lowers blood estrogen, it helps lower a woman's breast-cancer risk.
- Compared with non-drinkers, women who consume one alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who drink no alcohol.

CCAI Objectives

- Reduce the female breast cancer death rate
- Reduce late stage female breast cancer among women aged 40+
- Increase the proportion of women who receive a mammogram

Call to Action

- Contribute information and resources to the Operation Pink Bag website, a collaborative effort to increase breast cancer screening
- Access and promote Idaho's resources through the Operation Pink Bag website
- Encourage female patients of all races and ethnicities, as well as your female family and friends to get their mammograms as recommended
- Join a local cancer coalition in your area affiliated with the CCAI to reduce the burden of breast cancer in Idaho

Screening Recommendations

Several health organizations recommend annual screening mammography starting at age 40. In 2009, the U.S. Preventive Services Task Force concluded that a mammography every two years offered almost as much benefit for women at average risk as mammography every year while cutting the risks in half. Women at higher risk of breast cancer may need to be screened earlier and more often.

American Cancer Society	National Cancer Institute	National Comprehensive Cancer Network	U.S. Preventive Services Task Force
Every year starting at age 40	Every 1-2 years starting at age 40	Every year starting at age 40	Every 2 years for ages 50-74



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Comprehensive Cancer Alliance for Idaho: www.ccaidaho.org
Women's Health Check: www.womenshealthcheck.dhw.idaho.gov
Operation Pink Bag: www.operationpinkbag.org

All references available through the Department of Health and Welfare