

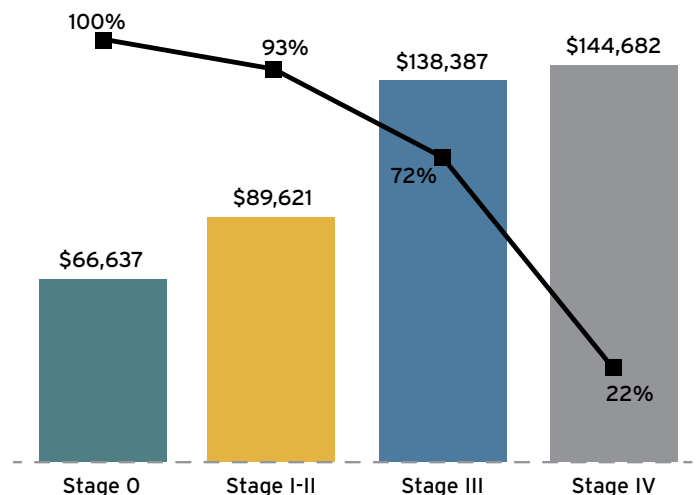


Breast cancer isn't rare, and that's why knowing the facts is so important.

Breast Cancer Statistics

- 1 in 8 women in the US will develop breast cancer in her lifetime.
- In 2025, an estimated **316,950 new cases** of invasive breast cancer will be diagnosed in women in the US.
- This year, an estimated **42,170 women will die** from breast cancer in the US.
- A mammogram appointment takes half an hour.

Breast Cancer Costs and Survival Rates by Stage



The costs on the graph reflect what is typically paid for comprehensive treatment in the **first year** and include surgery, chemotherapy, radiation, hormone therapy, targeted drugs, and related care. These figures represent commercial insurance-allowed costs and patient out-of-pocket costs.



Modifiable Risk Factors include:

- Diet high in fat and low fruit/vegetables
- Obesity & physical inactivity
- Smoking
- Alcohol use (even moderate intake increases risk)
- Long-term hormone therapy

Non-Modifiable Risk Factors include:

- Age (risk increases significantly after age 50)
- Family history - be sure to let your doctor know of your family history, mammograms may be recommended at an earlier age

- Dense breast tissue
- Chest radiation
- Reproductive history (early menstruation (<12), late menopause (>55), never giving birth, or first childbirth after 30)
- Race/Ethnicity - Black women have higher rates of aggressive types like triple-negative breast cancer; Ashkenazi Jewish women have higher BRCA mutation prevalence. [bcrf.org].

American Cancer Society Recommended Breast Cancer Screenings:

- **Ages 40-44: Option to start annual mammograms.**
- **Ages 45-54: Annual mammograms recommended.**
- **Ages 55+: Switch to every 2 years, or continue annually if preferred.**
- **Continue screening as long as the woman is in good health and expected to live 10+ years.**

Clinical breast exams are not recommended for average-risk women.