



BREAST CANCER

Breast cancer is the most commonly diagnosed cancer in the world. It occurs when cells in the breast begin to grow uncontrollably and form a tumor.

Breast cancer usually begins in cells lining the ducts (which carry milk) or lobules (where milk is produced).

Common Symptoms and Signs

Breast cancer typically does not cause symptoms and signs at an early stage, but as it progresses a patient may notice the following changes:



A lump, thickening, or swelling breast or underarm



Changes in skin texture of the breast



Changes in the color of the skin



Changes in the nipple



Discharge from one or both nipples



Pain



Flaking skin from the nipple area



Rash on the breast or nipple

Report any breast changes you notice to your doctor immediately.

Risk Factors

Researchers have identified a number of factors that are associated with an increased risk for breast cancer.



Aging.

Incidence is highest among women over **65**.

Inherited mutations in certain genes, including **BRCA1, BRCA2, PALB2, and TP53**.



Elevated hormone levels (estrogen or testosterone) after menopause.



High-dose chest radiation



Height—taller women appear to be more likely to develop breast cancer.



Recent, long-term use of hormone therapy or hormonal contraceptive.



Obesity



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Dense breasts.



Family history of breast cancer.



Excessive consumption of alcohol.



Early onset of menstruation (prior to age 11).



First pregnancy after age 30.



No history of pregnancy or breastfeeding.



Personal history of endometrial or ovarian cancer.



Physical inactivity.

How Common Is Breast Cancer?

Roughly **one in eight women** will be diagnosed with breast cancer.



Breast cancer accounts for **12.5** percent of all cancers diagnosed worldwide and **25.8** percent of all cancers among women.

About **2.3 million people** are diagnosed with breast cancer each year and **685,000 people** die of the disease.

In 2022, there were **287,850** new cases of invasive breast cancer diagnosed in the United States, according to the American Cancer Society. Approximately **43,250** people died of the disease.



Estimated number of clinical trials of breast cancer treatments that are recruiting around the world:

1730

Who Gets Breast Cancer?

- Roughly **one in eight women** will be diagnosed with breast cancer.
- Breast cancer is more common in older women. The typical patient is **62** when diagnosed. However, **9 percent** of breast cancer patients are younger than **45**.
- **White women** have the **highest incidence** of breast cancer in the United States, with Black women having the second-highest incidence. However, death rates among **Black women** are about **40 percent** higher than among white women. Mortality from breast cancer is also increased in American Indian/Alaskan native women. Rates of breast cancer are lower among Asian/Pacific Islander and Hispanic women.
- While breast cancer is overwhelmingly a disease that affects women, **about 1 percent** of cases are diagnosed in **men**.



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