10 FACTS about Breast Cancer

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Breast cancer is the second most common cancer in those assigned female at birth in the United States. Only non-melanoma skin cancer occurs more often.

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In 2023, an estimated 300,590 people were diagnosed with breast cancer in the U.S. This includes 297,790 females and 2,800 males.

3

Yes, those assigned male at birth get breast cancer, too. Unfortunately, males with breast cancer are an understudied population. There is a call among some researchers to include males with breast cancer in clinical trials.

4

When breast cancer begins to develop, it often has no symptoms. If you notice any of these signs in or around your breast contact your doctor:

- A lump
- Swelling in or around your breast, collarbone, or armpit
- Skin thickening or redness
- Breast warmth and itching
- Nipple changes or discharge
- Pain lasting three to four weeks

5

Treatment for any individual depends on a number of factors. These can include:

- The size of the tumor
- How fast the cancer cells are dividing
- If the cancer has spread to one or more lymph nodes
- The presence or absence of estrogen and/or progesterone receptors
- Whether the cancer overproduces a protein called HER2

6

Breast cancer is not a single disease. It is a spectrum of many subtypes with distinct biological features. There is no one-size-fits-all approach to treating this disease.

7

Racial disparities exist in breast cancer mortality. Breast cancer occurs most often in White females, followed closely by Black females. Incidence rates are lowest in Hispanic and Asian/Pacific Islander women. Black women have the highest breast cancer death rate – nearly 28 per 100,000 – while the rate in White women is about 20 per 100,000.

8

The majority of those diagnosed with breast cancer have no family history of the disease. Only 5-10% of breast cancers are caused by inherited genetic mutations. The main factors that influence your risk of developing breast cancer are getting older and being assigned female at birth.

9

As of January 1, 2022, there were approximately 4.1 million women with a history of breast cancer living in the United States. Of these, it is estimated that 168,000 are living with metastatic disease.

10

Metastatic breast cancer begins in the breast before spreading to other parts of the body. It's also called stage IV or advanced breast cancer. Treatment for metastatic disease is lifelong and focuses on control of the disease and quality of life. Many who have metastatic breast cancer live long, productive, fulfilling lives.

Another fact: **If you are diagnosed with breast cancer, you are not alone.** Call the Breast Cancer Coalition at (585) 473-8177. We're here for you.

Breast Cancer COALITION
Est. 1998

Sources: American Cancer Society: www.cancer.gov, Breast Cancer Research Foundation: www.bcrf.org, National Institutes of Health: www.ncbi.nlm.nih.gov, Centers for Disease Control: www.cdc.gov, MD Anderson Cancer Center: www.mdanderson.org, National Breast Cancer Coalition: www.stopbreastcancer.org, https://seer.cancer.gov/statfacts/html/breast.html