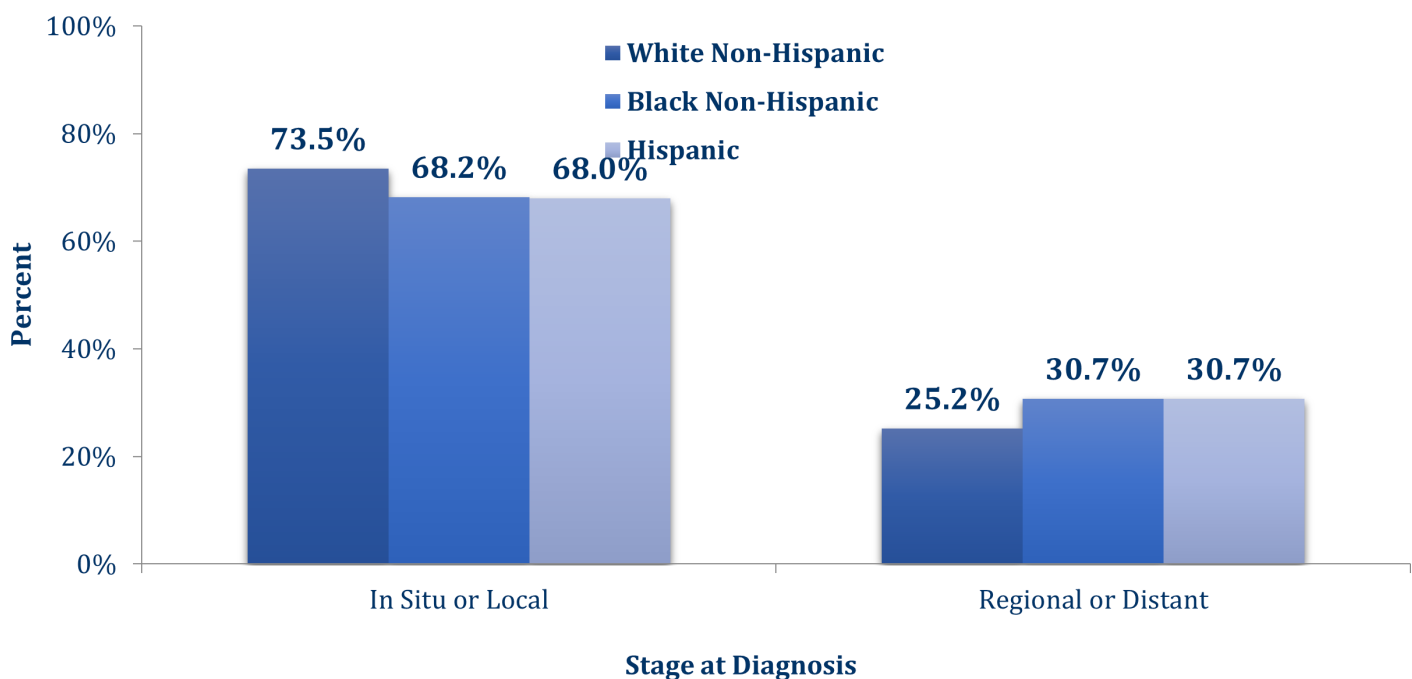


Breast Cancer

Breast cancer is the second leading cause of cancer death and, excluding skin cancers, the most frequently diagnosed cancer among women in Indiana and in the United States.¹ There were 5,108 cases of breast cancer diagnosed during 2019 in Indiana.²

African American women are at an increased risk for poor outcomes relating to breast cancer, in part because they are often diagnosed at a younger age, at a later stage of disease and with more aggressive forms of breast cancer. [See Figure 1].

Figure 1. Percent of Female Breast Cancer Cases by Stage of Diagnosis and Race –Indiana 2015–2019



Who Gets Breast Cancer?

Sex and age are the two greatest risk factors for developing breast cancer. Women have a greater risk for developing breast cancer, and that risk increases with age. Breast cancer is rare among men; however, they are often diagnosed at later stages and have poorer prognoses.²

Factors associated with increased breast cancer risk include weight gain after the age of 18, being overweight, use of menopausal hormone therapy, physical inactivity, and alcohol consumption.²

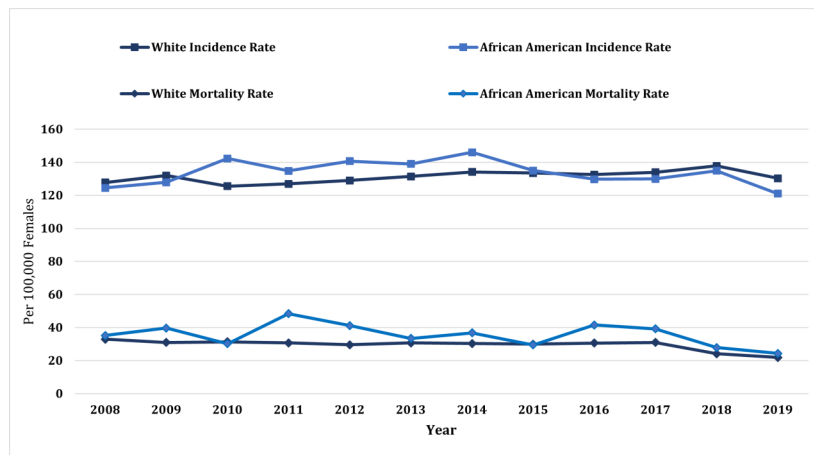
Common Signs and Symptoms of Breast Cancer

- Lumps, hard knots or thickening ²
- Swelling, warmth, redness or darkening ²
- Pulling in of the nipple or other parts of the breast ²
- Change in size or shape ²
- Nipple discharge that starts suddenly ²
- New pain that does not go away ²

Disparities

Disparities exist in breast cancer mortality between White and African American women. In Indiana, during 2015-2019 the breast cancer incidence rates for African American and White females were similar (129.7 versus 135.4 respectively), but the mortality rate for African American females was significantly higher than the rate for whites with the mortality rate for African American females being 25.7 and the rate for White females being 22.8.² In fact, in 2017, the mortality rate for African American women was 23.4% higher than the rate for White women (39.2 versus 31.0 respectively) [Figure 2].

Figure 2. Female Breast Cancer Incidence and Mortality Rates Trends by Race - Indiana 2008-2019



Note: excludes in situ

*Age-adjusted per 100,000 people to US 2000 Standard Population

Source: Indiana State Cancer Registry

What are the Treatment Options for Breast Cancer?

- Mastectomies are the partial or complete surgical removal of one or both breasts.³
- Lumpectomies are the removal of only the cancerous areas of the breast.³
- Local radiation can be used to treat the tumor without affecting the rest of the body.³
- Systemic drugs, which include chemotherapy, hormone therapy and targeted therapy, can be given orally or intravenously to reach the cancer cells in the body.³

Get Involved: Join the Indiana Cancer Consortium (ICC)

- The ICC is a statewide network of over 100 agencies including the Indiana Department of Health.
- The ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- Become a member at www.indianacancer.org.

References

1. Centers for Disease Control and Prevention. *Cancer Burden: Indiana*. 2019. Accessed online at <https://gis.cdc.gov/Cancer/USCS/DataViz.html> on January 8, 2021.
2. Indiana State Cancer Registry
3. American Cancer Society. *Cancer Facts and Figures 2021*.

For additional information on Breast Cancer:
in.gov/health

