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Practical Wellness. Abundant Support.

Remember these key facts:



- ▶ There are things you can do to lower your risk.
- ▶ Progress is being made in early testing and treatment.
- ▶ Survivorship has increased greatly!

Today We Will Discuss:

- ▶ Facts and the Different types of breast cancer
- ▶ Risk factors for breast cancer
- ▶ Breast cancer prevention- what YOU can do
- ▶ Tests to find breast cancer early



The Facts

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What is Breast Cancer?

Breast cancer is the uncontrolled growth and spread of abnormal cells in any part of the breast

The abnormal cells invade and damage healthy breast tissue

Breast cancer that starts in the ducts is called ductal carcinoma

Breast cancer that starts in the lobules is called lobular carcinoma

What Causes Breast Cancer?

- ▶ We do not know the exact cause for MOST cancers, including breast cancer. Cancer is most often caused by a multitude of factors working together.
- ▶ One significant and likely cause is damage to the DNA in breast tissue cells.
- ▶ Many things, even the normal aging process can cause damage to the DNA in our cells.
- ▶ Researchers have identified several known risk factors for breast cancer. Some cannot be controlled, but many can.

Females & Breast Cancer

While breast cancer is the most common type of cancer diagnosed in women, it is not the most deadly. Survivorship from breast cancer has greatly increased since 1989.

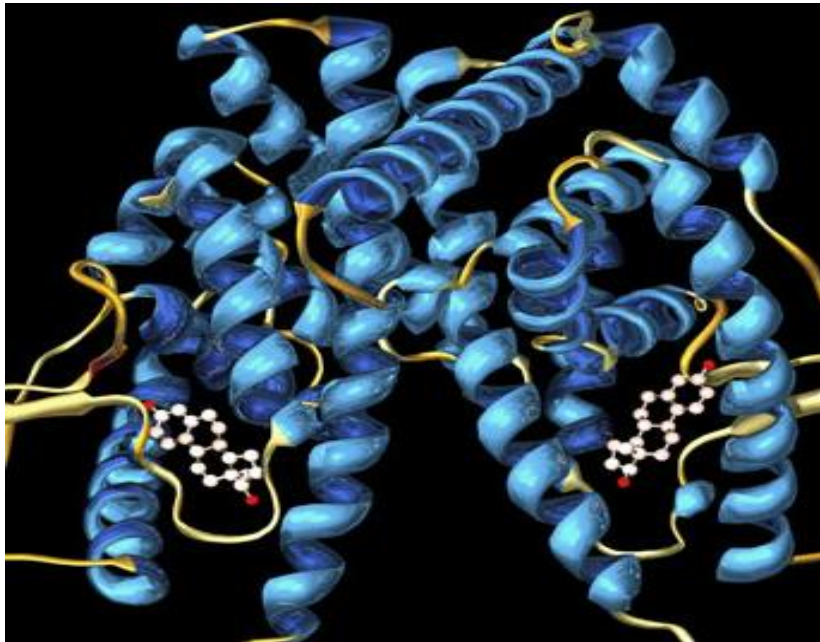


Types of Breast Cancer

- ▶ Estrogen or progesterone receptor positive
- ▶ HER2 positive
- ▶ Triple negative- not positive to receptors for estrogen, progesterone, or HER2
- ▶ Triple positive- positive for estrogen receptors, progesterone receptors and HER2
- ▶ Inflammatory breast cancer- rare, fast growing type of cancer. Often causes no distinct lumps. May cause the skin to appear like an orange peel.

Hormone-Sensitive Breast Cancer

Estrogen Receptor



- ▶ Some types of breast cancer are fueled by the hormones estrogen(ER-positive) or progesterone (PR-positive)
- ▶ About 2/3 breast cancers are hormone sensitive.
- ▶ There are several medications that keep the hormones from promoting further cancer growth.

HER2-Positive Breast Cancer

- ▶ 20-25% of women with breast cancer have too many receptors for a protein called HER2.
- ▶ HER2-positive breast cancer tends to spread faster than other forms of breast cancer.
- ▶ There are special drug treatments for HER2- positive breast cancer.



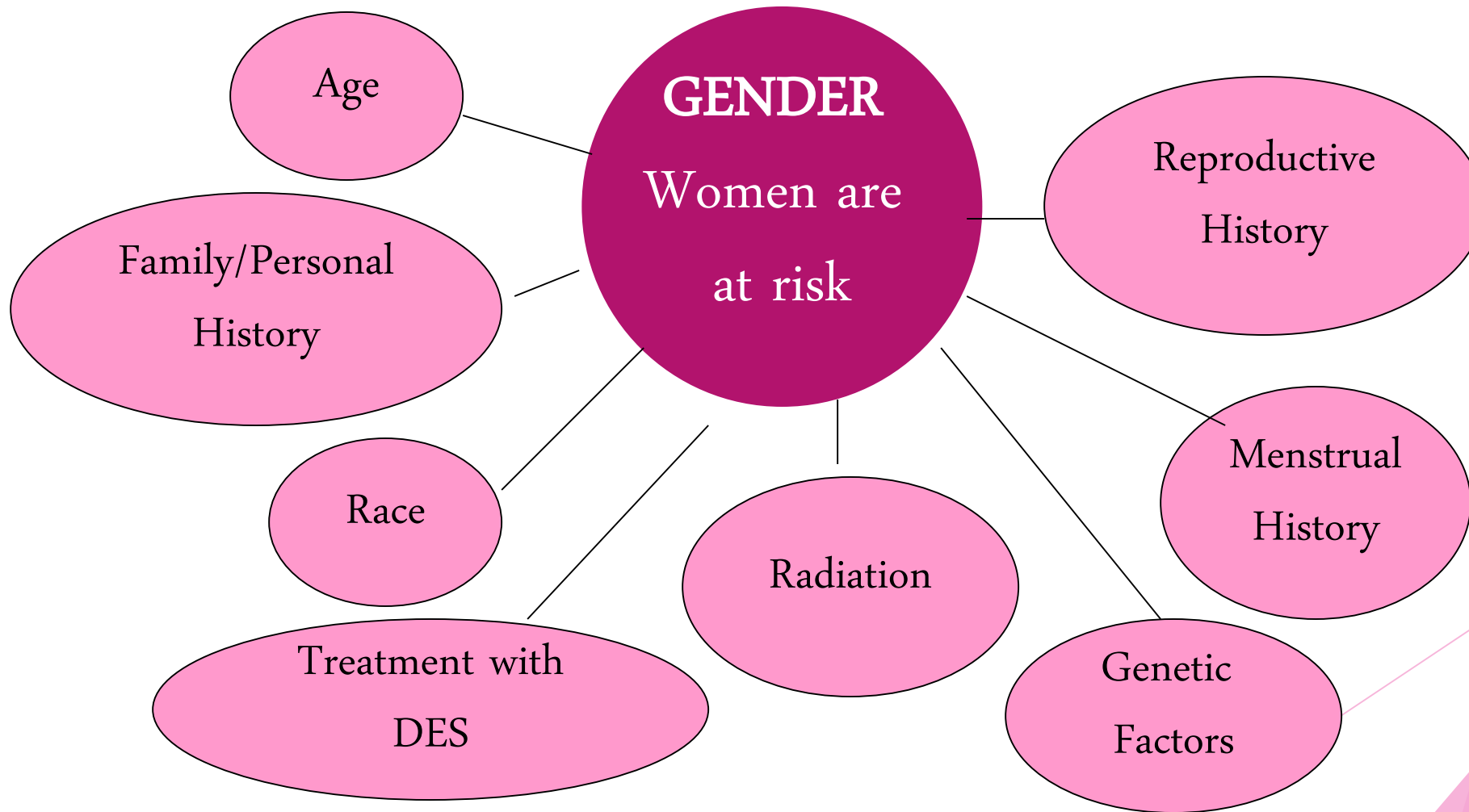
Risk Factors

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Breast Cancer Risk Factors

that cannot be changed





Gender

- ▶ Being a woman is the MAIN risk factor in developing breast cancer.
- ▶ Men have some breast tissue. Men can get breast cancer.
- ▶ Breast cancer in men is rare.
- ▶ 1 % of all breast cancer in the US occurs in men

After Gender, Age is the Strongest Risk Factor for Breast Cancer

AGE	CHANCE OF BREAST CANCER
By age 30	1 out of 2212
By age 40	1 out of 235
By age 50	1 out of 54
By age 60	1 out of 23
By age 70	1 out of 14
By age 80	1 out of 10
By age 92 (ever)	1 out of 8

Inherited Gene Mutations

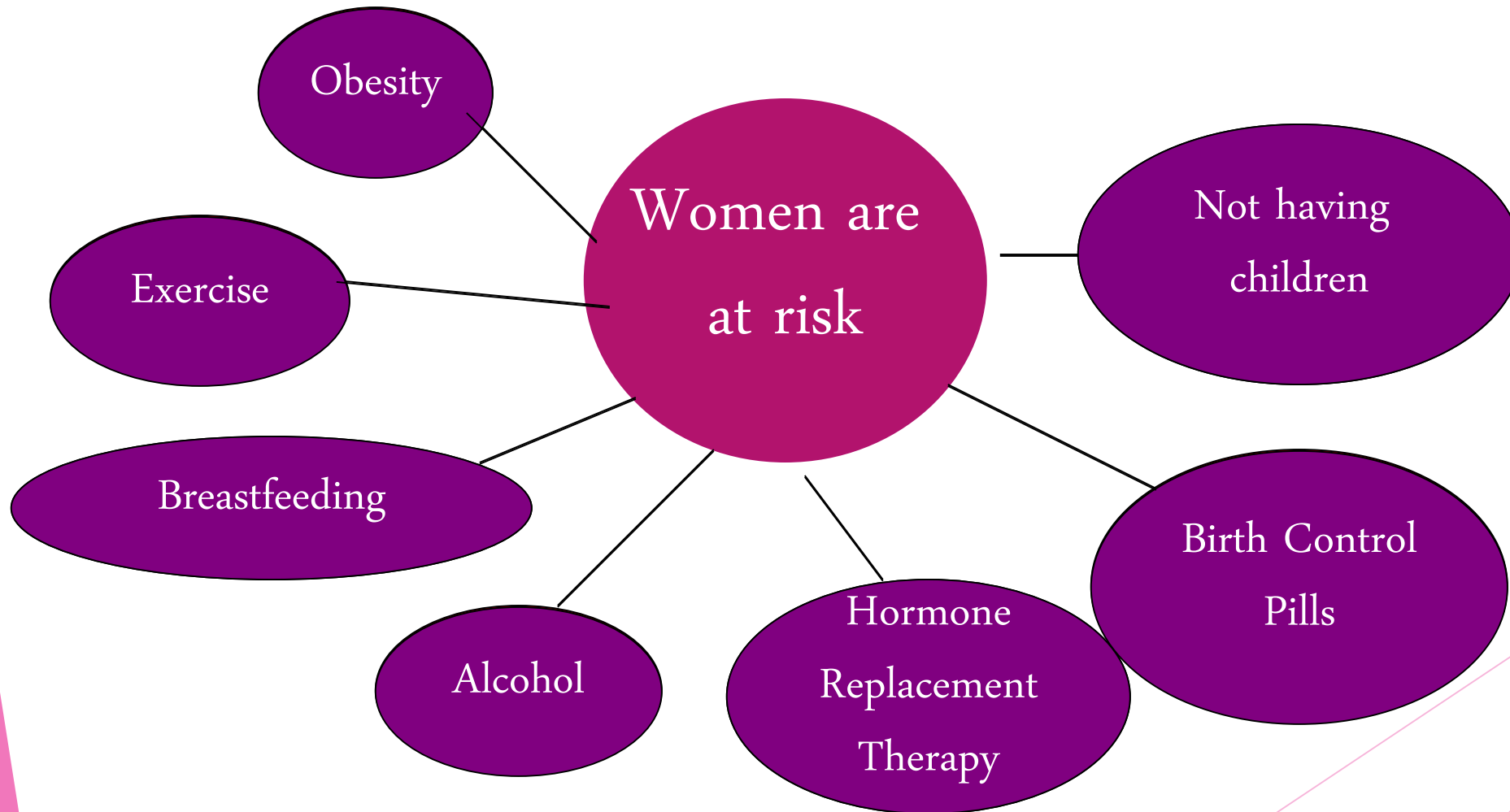
- ▶ About 5% to 10% of all breast cancer cases (including ALL ethnic groups) are thought to be caused by inherited gene mutations, most commonly in BRCA1 or BRCA2.
- ▶ Women with BRCA mutations have a higher risk of developing breast cancer during their lifetime and at a younger age compared to women without the gene mutation.
- ▶ Other inherited gene mutations are much less likely causes of breast cancer.
- ▶ However, when we look at women with breast cancer, only a small % of them have BRCA gene mutations.

Other Risk Factors that Cannot be Controlled

- ▶ Personal history of breast cancer
- ▶ Family history - having a close relative with breast cancer
- ▶ Personal history of chest radiation
- ▶ Mother who was given DES during pregnancy
- ▶ Having dense breast tissue
- ▶ Race - African American women are at higher risk.
- ▶ Having more menstrual cycles (starting menstruation early, going through menopause late, and not having children)

Breast Cancer Risk Factors

that can be *controlled*



Risk Factors that Can Be Controlled

- ▶ Having children at an older age (after 30)
- ▶ Not breastfeeding
- ▶ Obesity
- ▶ Alcohol use- the risk increases with the amount of alcohol consumed
- ▶ Long term use of combined hormone replacement therapy (HRT)
- ▶ Current/recent use of hormonal birth control methods (risk decreases after methods are stopped)



What
You
Can
Do

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There is NO sure way to prevent ALL breast cancers. But, there are things ALL women can do that may lower their risk.

Remember, breast cancer that is found early, is easier to treat.

To Lower Your Risk:

1

Maintain a
Healthy
Weight

2

Eat well,
Limit
Alcohol

3

Be Physically
Active

4

Do Self
Exams & Get
Screened

Keep a Healthy Weight. Check Your Waist Circumference.



- ▶ Women should not exceed 35 inches
- ▶ Men should not exceed 40 inches


Eat Well



- ▶ Food properties can be protective, especially phytochemicals found in plant based foods.
- ▶ Eat a “Rainbow of Colors” everyday.

Phytochemicals

Non nutritive plant chemicals that have protective or disease preventive properties.



There are over 1000 known phytochemicals.

How Phytochemicals May Prevent Cancer

Help	Help	Have	Have	Induce	Inhibit
Help protect cells from DNA damage.	Help inactivate carcinogens.	Have antiviral and antibacterial effects.	Have anti-inflammatory effects.	Induce cell death (apoptosis).	Inhibit tumor blood vessel formation (angiogenesis) and tumor cell migration (needed for metastasis).

Nutrition and Cancer Prevention

Eat	Eat more plant based foods
Limit	Limit sugar
Limit	Limit intake of refined carbohydrates
Eat	Eat less processed meats
Select	If you eat red meat, select lean cuts
Limit	If you drink alcohol, do so in moderation

Limit Alcohol Consumption

- ▶ serving per day for women
- ▶ 2 servings per day for men



Physical Activity Guidelines

- ▶ Adults should engage in at least 150 minutes of moderate or 75 minutes of vigorous intensity activity each week.
- ▶ Exercise may help reduce chronic inflammation, which over time could cause DNA damage and lead to certain types of cancer
- ▶ Exercise helps regulate hormones





Follow Screening Recommendations

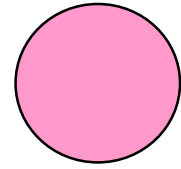
Know your breasts and be aware of any changes

Breast Cancer Screening



- ▶ Yearly mammograms starting at age 40.
- ▶ Clinical breast exam (CBE) every 3 years for women in their 20s and 30s and every year for women 40 and over.
- ▶ Breast self-exam (BSE) is an option for women starting in their 20s.
- ▶ Women at high risk should get an MRI and a mammogram every year.

Mammography



Average-size lump found by woman practicing occasional breast self-exam (BSE)



Average-size lump found by woman practicing regular breast self-exam (BSE)



Average-size lump found by first mammogram



Average-size lump found by getting regular mammograms

BREAST SELF-AWARENESS



Look and touch
from multiple angles
and pressures



Give your full
breast tissue
your attention



Be aware
of changes that
persist or worsen

Know your body. Know your normal.



What If I Find a Lump?

Eighty (80) percent of breast lumps are not cancerous.

Lumps often turn out to be harmless cysts or tissue changes related to your menstrual cycle.

Let your doctor know right away if you find anything unusual in your breast.

If it is cancer, the earlier it's found the better.



Signs and Symptoms- What Else to Look for

- ▶ A painless lump in the breast
- ▶ Changes in breast size or shape
- ▶ Swelling in the armpit
- ▶ Nipple changes or discharge
- ▶ Breast pain can also be a symptom of cancer, but this is not common.
- ▶ **WARNING:** there are often NO symptoms of breast cancer!



Testing



One Size Does Not Fit All!

Breast Ultrasound and MRI



- ▶ Ultrasounds can determine the presence of cysts, fluid-filled sacs that are not cancer.
- ▶ An MRI may be used along with a mammogram for routine screening in certain women who have a higher risk of breast cancer.

Breast Biopsy

A biopsy can determine whether a lump is cancer or not.

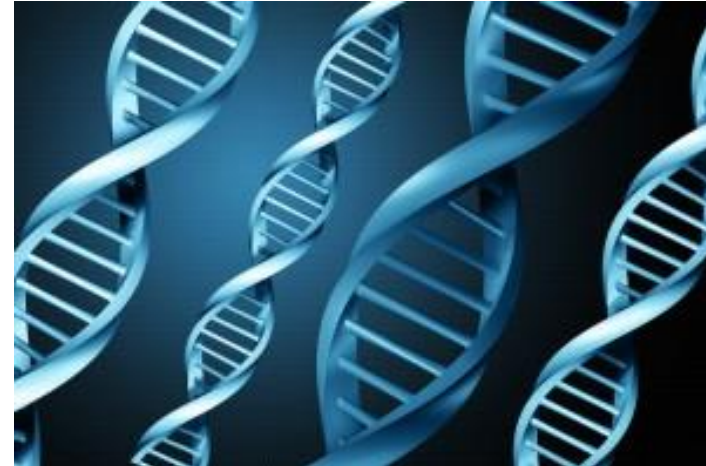
A tissue sample is taken through a small needle, or surgery is done to take part of or the entire lump for testing.

The results show whether the lump is cancer, and if so, what type.

There are several forms of breast cancer, and treatments are carefully matched to the type of cancer.

Who Should Get Genetic Testing?

- ▶ Widespread screening is NOT advised
- ▶ Appropriate only for those with a strong family history
- ▶ Genetic mutations are ONLY found in less than 1% of population.
- ▶ *Remember*, MOST women with breast cancer have NO family history, and NO inherited breast cancer gene mutations.



The Bottom Line



1

**KNOW
YOUR
RISK**

2

**GET
SCREENED**

3

**KNOW
WHAT IS
NORMAL
FOR YOU**

4

**MAKE
HEALTHY
LIFESTYLE
CHOICES**

**susan g.
komen.**
SAN DIEGO



*Increase awareness and empower people to take action
and make informed decisions about their breast health.*

Thank You and Stay Well

