



Lyda Krewson  
Mayor

# Breast Cancer Data Brief



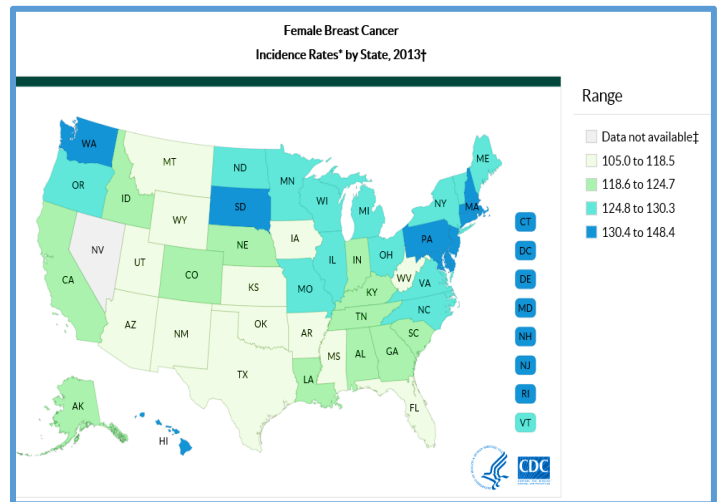
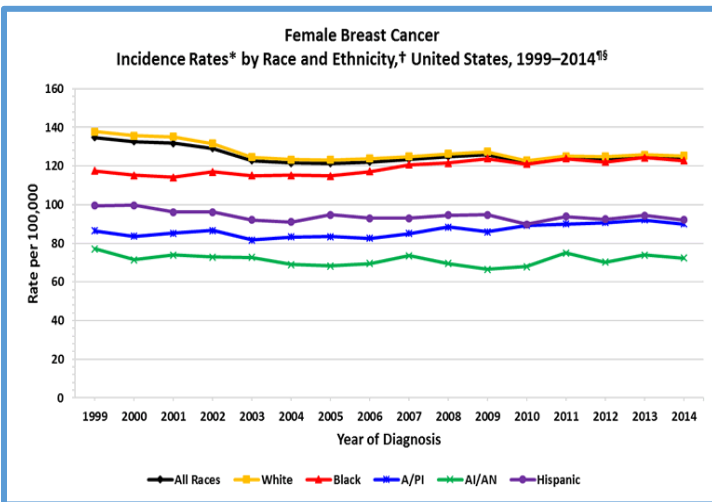
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February 9, 2018  
314.657.1524

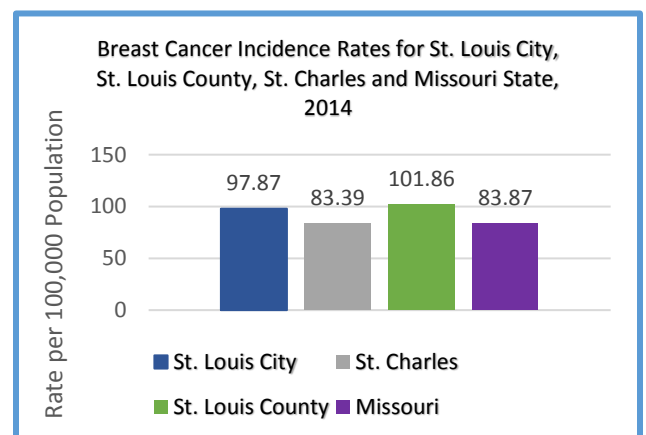
## Background

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. All women are at risk for breast cancer. Men can also have breast cancer, but it is very rare. In 2014, 236,968 women and 2,141 men in the United States were diagnosed with breast cancer.<sup>1</sup> Breast cancer is the most commonly diagnosed cancer in women irrespective of race or ethnicity. One in eight women in the United States will be diagnosed with breast cancer in her lifetime. From 2003 to 2012 in the United States, the incidence rate of breast cancer remained level among women. Within the same period, the death rate from breast cancer decreased significantly by 1.9% per year among woman due to better screening, early detection, increased awareness, and continually improving treatment options. Breast cancer is the second leading cause of cancer death among women. In 2014, 41,211 women and 465 men in the United States died from breast cancer.<sup>1</sup>

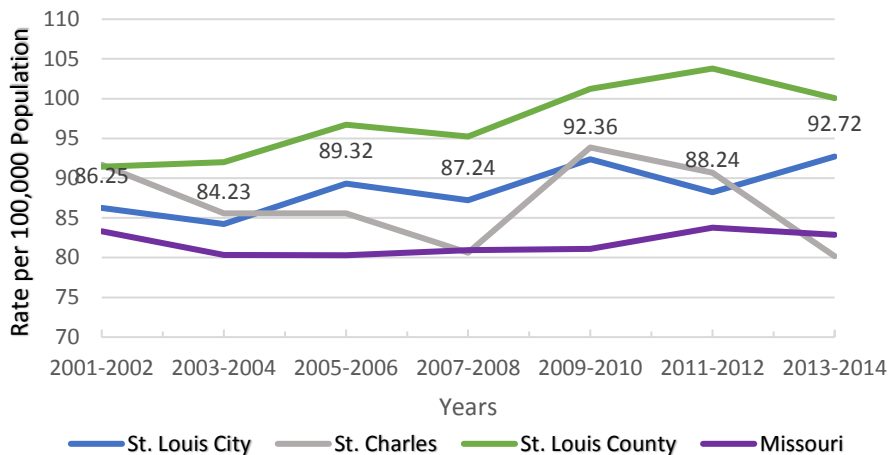


## City of St. Louis Surveillance

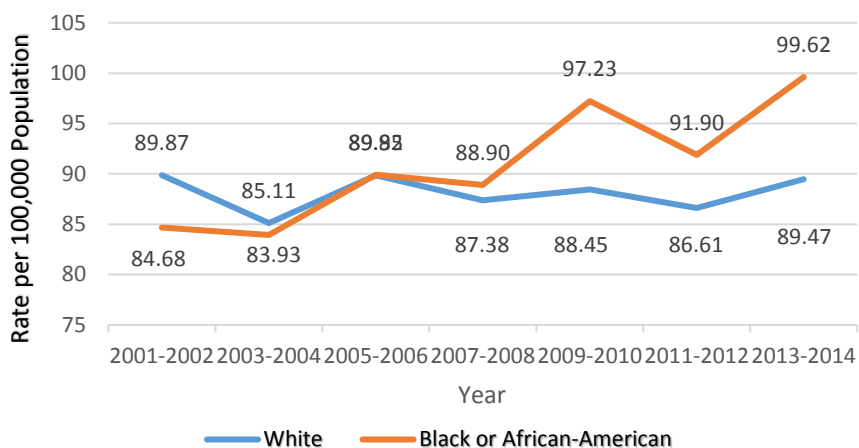
In 2014, the breast cancer incidence rate was 97.87 per 100,000 people, which is higher than incidence for the state of Missouri, 83.87 per 100,000 population, and St. Charles, 83.39 per 100,000 population.<sup>2</sup> As seen throughout the state and nationally, from 2001-2014, the incidence of female breast cancer remained level among women. During the same time period in the City of St. Louis, the incidence rate of breast cancer increased by 0.6% per year. The incidence rate was 86.25 per 100,000 population in 2001, compared to 92.72 per 100,000 per population in 2014.<sup>2</sup> In the City of St. Louis, breast cancer incidence rates showed a disparity among Africans-Americans compared to whites. The incidence rate of breast cancer increased at a rate of 1.4% per year among Africans-Americans and decreased 0.3% per year among white women, 2001 to 2014. Mortality rates from breast cancer have decreased in St. Louis City since 2001, yet Africans-Americans are still disproportionately affected. From 2015 to 2016, Africans-Americans had a higher rate of 17.05 per 100,000 when compared with whites, 13.50 per 100,000.<sup>2</sup>



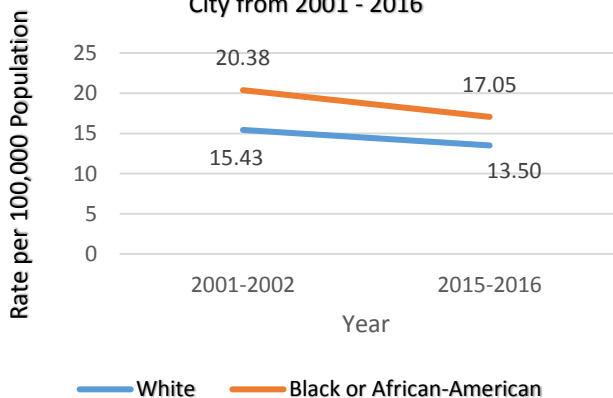
Breast Cancer Incidence Rates for St. Louis City, St. Louis County, St. Charles and Missouri State, 2001 - 2014



St. Louis City Breast Cancer Incidence Rates by Race, 2001 - 2014



Deaths from Breast Cancer by Race in St. Louis City from 2001 - 2016



### What puts me at greater risk?

- ❖ Risk for breast cancer increases with age
- ❖ Inherited genes such as BRCA1 and BRCA2
- ❖ Women who start their menstrual periods before age 12
- ❖ Late or no pregnancy
- ❖ Starting menopause after age 55
- ❖ Not being physically active
- ❖ Being overweight or obese after menopause
- ❖ Using combination hormone therapy
- ❖ Taking oral contraceptives (birth control pills)
- ❖ Personal history of breast cancer
- ❖ Personal history of certain non-cancerous breast diseases
- ❖ Family history of breast cancer
- ❖ Previous treatment using radiation therapy
- ❖ Women who took the drug diethylstilbestrol (DES)
- ❖ Drinking alcohol
- ❖ Smoking
- ❖ Being exposed to chemicals

### What can I do to reduce my risk?

The way to lower the risk of breast cancer is by reducing the risk factors associated with the condition such as not smoking, exercising regularly, maintaining a healthy diet, and drinking alcohol in moderation or not at all. The best way to find breast cancer early and lower the risk of dying from breast cancer is getting mammogram screenings regularly. Early detection increases the survival rate. The United States Preventive Services Task Force (USPSTF) recommends that women who are 50 to 74 years old and at average risk for breast cancer get a mammogram every two years.<sup>4</sup> Women who are 40 to 49 years old should talk to their doctor or other health care professional about when to start and how often to get a mammogram.<sup>4</sup>

### Sources

1. [www.cdc.org](http://www.cdc.org)
2. Missouri Information for Community Assessment
3. [www.cdc.gov/cancer/nbccedp/](http://www.cdc.gov/cancer/nbccedp/)
4. The United States Preventive Services Task Force (USPSTF)