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MICHIGAN PUBLIC  
HEALTH INSTITUTE

## National Breast Cancer Awareness Month

### Things to know about Breast Cancer

- Breast cancer is the second most common cancer in Michigan. It is also the most common cancer among Michigan women.<sup>1</sup>
- Early detection is key. With frequent screening, breast cancer is more likely to be found at an earlier stage, when it can best be taken care of.
- **Women age 20 and older should perform breast self-exams every month.**
- **Yearly mammograms and clinical breast exams** should be done for women who are not at high risk at age 40. Women should also keep on doing monthly breast self-exams.



### Quick Facts:

- During 2001, 7,092 women in Michigan were newly diagnosed with breast cancer.<sup>1</sup>
- During 2002, 1,508 Michigan women died of the disease.<sup>3</sup>
- More than 92 percent of Michigan women 40 years old and older have received at least one mammogram during their lifetime.<sup>4</sup>

### Risk Factors

- Although all women are at risk of getting breast cancer, a lot of factors have been shown to increase this risk. These include: growing older; a personal history of breast cancer; a family history of breast cancer in a mother, a sister, a daughter, or other relatives; never giving birth, or having a first child after the age of 30 and a long menstrual history. Other things that may increase risk include: obesity; not being physically active and drinking alcohol.<sup>2</sup>
- About 5 percent to 10 percent of breast cancer is inherited.

### Empowerment Points

- Avoid Smoking
- Avoid a lot of drinking
- Reduce your dietary fat intake
- **Screening is key!** African American women often wait too long to get medical attention.
- If you have breast cancer, do not give up hope! Many cases of breast cancer can be treated and there are many breast cancer survivors in our community. Knowledge is power!



For more information on Breast Cancer please visit the Breast and Cervical Control Program at: <http://www.michigan.gov/mdch>

### References:

1. MDCH Cancer Registry, 1985-2001
2. American Cancer Society
3. MDCH Division for Vital Records & Health Statistics, 1985-2002
4. Michigan Behavioral Risk Factor Surveillance System, 2002