

Breast Cancer

Risk and Risk Reduction

Maureen O'Donnell MD FACS

Breast Surgeon

Sullivan Breast Center

Johns Hopkins Sibley Memorial Hospital

US Breast Cancer Stats

- ▶ Over 330,000 women were diagnosed with breast cancer last year
- ▶ About 42,000 women die each year from breast cancer
- ▶ 1 in 8 women will be affected by breast cancer in her lifetime

When found early breast cancer...

- ▶ Is more likely to be cured
 - ▶ 99% of women diagnosed with breast cancer in breast only are alive 5 years after diagnosis
- ▶ Treatment is likely to be better tolerated

Early Detection is Key!

- ▶ Mammography
 - ▶ **Most important breast cancer screening tool**
 - ▶ Has reduced breast cancer deaths
 - ▶ X-ray of the breast tissue
 - ▶ Yearly starting at age 40

Is Mammography Enough?

- ▶ Consider additional breast imaging (ultrasound or MRI) for high risk patients

In Addition to Mammography...

- ▶ Yearly Clinical Breast Exam
- ▶ Breast Self Awareness
 - ▶ Monthly breast self exam

Advantages of Breast Self Awareness

- ▶ Allows each woman to be active in her own health maintenance
- ▶ Provides each woman knowledge of what her own breast tissue feels like
- ▶ Goal is to detect any change in the breast

Breast Self Exam

Visual exam in the mirror

- ▶ Arms at your sides
- ▶ Raise arms above your head
- ▶ Bend forward
- ▶ Hands on hips pressing down

Self palpation

- ▶ Standing in the shower
- ▶ Lying flat in bed
- ▶ 3 fingers
- ▶ Consistent pattern of self palpation

What to look for?

- ▶ Dimpling, puckering, or bulging of the skin
- ▶ New breast asymmetry
- ▶ Nipple pointing to side
- ▶ Nipple that is inverted or pulled in
- ▶ Scaly rash at nipple
- ▶ Redness and swelling over the breast
- ▶ Skin thickening (Orange peel skin)

What to feel for?

- ▶ Hard mass of any size that doesn't have a match in the opposite breast
- ▶ Have the breast examined by your primary or gyn provider
 - ▶ Mammogram and Ultrasound

Know Your Risk Factors

▶ Non-controllable

- ▶ Age
- ▶ Female Sex
- ▶ Family History
- ▶ Genetic Mutation
- ▶ Early Menarche
- ▶ Late Menopause
- ▶ Breast Biopsy w/ Atypical Cells
- ▶ Mantle Radiation

▶ Controllable

- ▶ Weight and Body Mass Index
- ▶ Diet
- ▶ Physical Activity
- ▶ Alcohol Use
- ▶ Hormone Replacement Therapy

Uncontrollable Risk Factors

- ▶ **Female Sex**
- ▶ **Age**
- ▶ **Family History of Breast Cancer**
- ▶ **Genetic Mutation (BRCA, etc)**
- ▶ **Early Menarche (first menstrual period before 12)**
- ▶ **Late Menopause (last menstrual period after 50)**
- ▶ **Breast biopsy with atypical cells**
- ▶ **Exposure to radiation as cancer treatment in teens or twenties**

Breast Cancer Risk Increases with Age

- ▶ Age 30... 0.49% (1 in 204)
- ▶ Age 40... 1.55% (1 in 65)
- ▶ Age 50... 2.40% (1 in 42)
- ▶ Age 60... 3.54% (1 in 28)
- ▶ Age 70... 4.09% (1 in 24)

Uncontrollable Risk Factors

- ▶ Female Sex
- ▶ Age
- ▶ **Family History of Breast Cancer**
- ▶ **Genetic Mutation (BRCA, etc)**
- ▶ Early Menarche (first menstrual period before 12)
- ▶ Late Menopause (last menstrual period after 50)
- ▶ Breast biopsy with atypical cells
- ▶ Exposure to radiation as cancer treatment in teens or twenties

Consider Genetic Testing

- ▶ Two relatives with breast cancer (before age 50) or ovarian cancer (any age)
- ▶ Ashkenazi heritage and one relative with breast cancer (before age 50) or ovarian cancer (any age)
- ▶ A male relative with breast cancer
- ▶ Family member with a BRCA mutation (or other breast cancer gene)
- ▶ Breast cancer in self before age 50
- ▶ Two breast cancers in self (not recurrence)
- ▶ Triple negative breast cancer before age 60
- ▶ Ashkenazi heritage and breast cancer (in self, any age)

Uncontrollable Risk Factors

- ▶ Female sex
- ▶ Age
- ▶ Family history of breast cancer
- ▶ Genetic mutation (BRCA, etc)
- ▶ **Early menarche (first menstrual period before 12)**
- ▶ **Late menopause (last menstrual period after 55)**
- ▶ **Late pregnancy (after age 30) or no pregnancies**
- ▶ Breast biopsy with atypical cells
- ▶ Exposure to radiation as cancer treatment in teens or twenties

More Estrogen = Greater Risk

- ▶ Menarche before age 12
- ▶ Menopause after age 55
- ▶ No pregnancies
- ▶ Age of first live birth after age 30
- ▶ Never breast fed

Uncontrollable Risk Factors

- ▶ Female sex
- ▶ Age
- ▶ Family history of breast cancer
- ▶ Genetic mutation (BRCA, etc)
- ▶ Early menarche (first menstrual period before 12)
- ▶ Late menopause (last menstrual period after 55)
- ▶ Late pregnancy (after age 30) or no pregnancies
- ▶ **Breast biopsy with atypical cells**
- ▶ Exposure to radiation as cancer treatment in teens or twenties

Uncontrollable Risk Factors

- ▶ Female sex
- ▶ Age
- ▶ Family history of breast cancer
- ▶ Genetic mutation (BRCA, etc)
- ▶ Early menarche (first menstrual period before 12)
- ▶ Late menopause (last menstrual period after 55)
- ▶ Late pregnancy (after age 30) or no pregnancies
- ▶ Breast biopsy with atypical cells
- ▶ **Exposure to high dose radiation as cancer treatment in teens or twenties**

Know Your Risk Factors

▶ Non-controllable

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- ▶ Female Sex
- ▶ Family History
- ▶ Genetic Mutation
- ▶ Early Menarche
- ▶ Late Menopause
- ▶ Breast Biopsy w/ Atypical Cells
- ▶ Mantle Radiation

▶ Controllable

- ▶ Hormone Replacement Therapy
- ▶ Weight and Body Mass Index
- ▶ Diet
- ▶ Physical Activity
- ▶ Alcohol Use

Controllable Risk Factors

- ▶ **Hormone Replacement Therapy (HRT)**
- ▶ **Weight and body mass index (BMI)**
- ▶ **Diet**
- ▶ **Physical Activity**
- ▶ **Alcohol Use**

Consider Alternatives to HRT

- ▶ Bone health
 - ▶ Calcium, Vit D, bisphosphonates, weight-bearing exercise
- ▶ Vasomotor symptoms
 - ▶ Effexor (venlafaxine)
 - ▶ Complementary medicine: acupuncture or herbal remedies
- ▶ Urogenital symptoms
 - ▶ Topical/vaginal estrogen

Controllable Risk Factors

- ▶ **Hormone Replacement Therapy (HRT)**
- ▶ **Weight and body mass index (BMI)**
- ▶ **Diet**
- ▶ **Physical Activity**
- ▶ **Alcohol Use**

Body Mass Index (BMI)

- ▶ BMI <18.5 = underweight
 - ▶ BMI 18.5-24.9 = normal weight
 - ▶ BMI 25-29.9 = overweight
 - ▶ BMI 30-39.9 = obese
 - ▶ BMI >40 = morbidly obese
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- ▶ Women with BMI>25
 - ▶ More postmenopausal breast cancer
 - ▶ Greater risk of breast cancer recurrence
 - ▶ Greater breast cancer related death

Breast Cancer Risk Reduction

- ▶ Weight Maintenance/Weight Reduction
- ▶ Increase physical activity
- ▶ Exercise regularly
- ▶ Maintain a healthy diet (70/30 rule)
 - ▶ Fruits and veggies (70%)
 - ▶ Legumes and whole grains (30%)
 - ▶ Avoid meats

Breast Cancer Risk Reduction

- ▶ Breast Super Foods
 - ▶ Cruciferous Veggies and Leafy Greens
 - ▶ Dietary Fiber
 - ▶ Berries
 - ▶ Apples
 - ▶ Tomatoes
 - ▶ Allium Veggies (garlic, onions, leeks,...)

Anything Else?

- ▶ Reduce Alcohol Use (<1 drink/Day)
 - ▶ Increases estrogen levels
 - ▶ Releases toxic metabolites
 - ▶ Contributes to weight gain

What can you do?

- ▶ Yearly Mammograms
- ▶ Clinical Breast and Breast Self Exams
- ▶ Avoid HRT after menopause
- ▶ Maintain weight/Lose weight
- ▶ Healthy diet
- ▶ Exercise regularly
- ▶ Drink less alcohol

Resources

- ▶ www.KnowYourLemons.com (and app)
- ▶ Breasts The Owner's Manual by Kristi Funk MD