



Taking your health to *new heights*

Breast Cancer

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Statistics

30%

2nd most common cancer
to be diagnosed in women

13%

1 in 8 women will develop
breast cancer in their
lifetime

#2

2nd most common cause of
cancer deaths in women

Statistics

316,950

New cases of breast cancer
in women in 2025
2,800 cases in men

42,170

Breast Cancer Deaths in
2025

59,080

New Cases of non invasive
(*in situ*) breast cancer



Statistics

90%

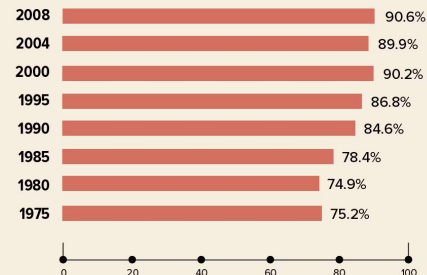
Current 5-year survival rate

**3.5
million**

Number of women in the
US living with breast cancer



5-year Survival Rate for U.S. Women



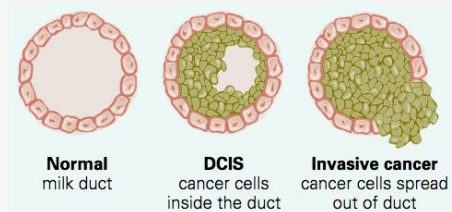
healthline

Thanks to early detection &
improved treatment

In Situ vs Invasive Cancer

25%

DCIS
25% new cases in US
Early Stage (Stage 0)
Pre Cancer
Does not metastasize



Invasive Cancer
Grown into breast tissue
Can spread to other organs
More Aggressive



It is uncertain what percentage will progress to invasive cancer if left untreated

Risk Factors



Being female & advancing age



Unmodifiable

Family history (15%)
Genetics (BRCA1/2)
Race/Ethnicity
Dense breast tissue
Time menarche to menopause



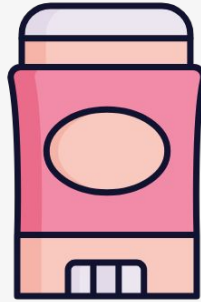
Modifiable

Alcohol consumption
Smoking
Obesity
Menopausal hormone therapy
Endocrine disruptors

Myths



Bras
Breasts implants
Mammograms

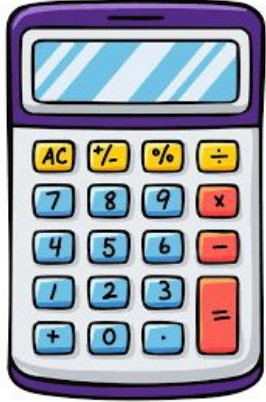


Antiperspirants



Induced abortions
HPV vaccine

Assessing Risk



Risk Calculators
Tyrer Cuzick
Gail Model



Breast Self Awareness
Personal Health factors



Appropriate screening

Mammogram Screening



40-44

ACOG- every 1-2 years
ACS- optional
USPTF - optional

45-54

ACOG - every 1-2 years
ACS Annual
USPTF every 2 years

55-74

ACOG- every 1-2 years
ACS every 1-2 years
USPTF every 2 years

Early Detection Matters

**2% per
year**

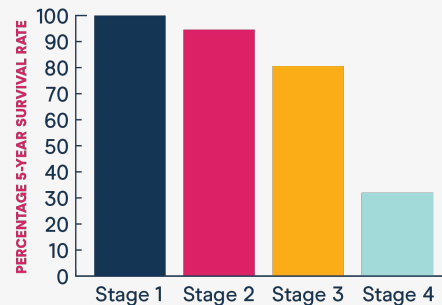
Annual increase in breast cancer rates in women 40-49

>99%

5 year survival rate with local stage cancer at diagnosis



5-year breast cancer survival rate for women by stage at diagnosis

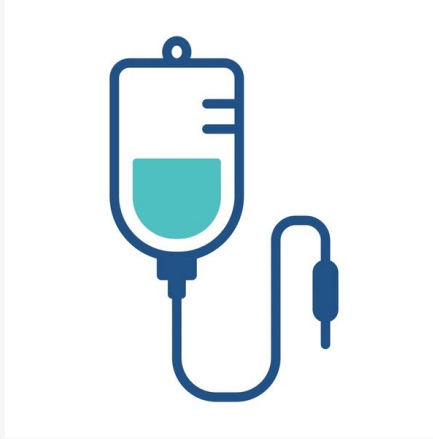


5 year survival by stage
72% at regional stage
32% at distant stage
(at diagnosis)

Screening Risks



False positives
Cost
Anxiety

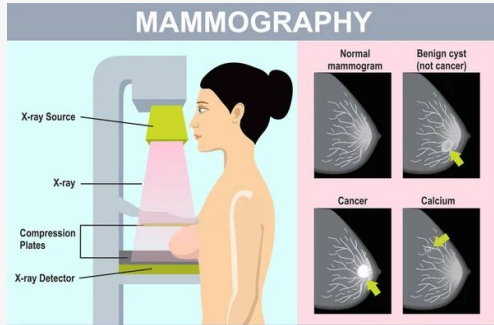


Overdiagnosis
Overtreatment



Radiation exposure ?
1 mammogram = 1 cross
country flight

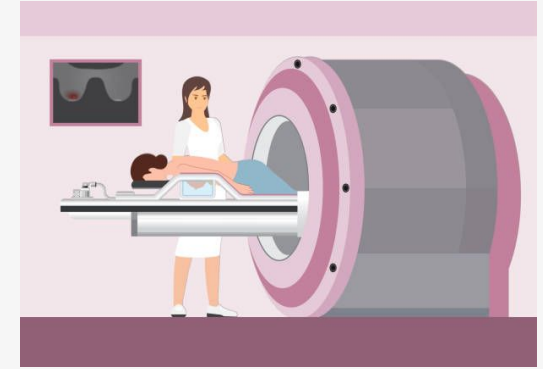
Screening Modalities



Digital Mammogram
3D Tomosynthesis



Ultrasound
Diagnostic
Automated Whole Breast
(ABUS)



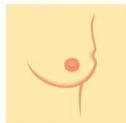
MRI with contrast
Lifetime risk >20%, Known
genetic mutation

Signs and Symptoms

25-40%

Cancers detect by women themselves

SYMPTOMS OF BREAST CANCER



DIMPLED OR
DEPRESSED SKIN



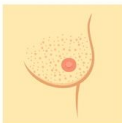
VISIBLE LUMP



NIPPLE CHANGE
EX. INVERSION



BLOODY
DISCHARGE



TEXTURE
CHANGE



COLOR
CHANGE

Palpable lump
New onset nipple retraction
Nipple discharge (not clear or milky)



Skin changes: redness, scaling, dimpling, swelling

Summary

13%

1 in 8 women will develop
breast cancer



Known your personal risk
factors

Family history, Genetics,
environmental,



**Mammograms
save lives**

Decrease mortality ages
40-74

Biggest reductions for ages
40-59