FEMALE BREAST CANCER – Delaware 2011-2015

Risk Factors
- Alcohol use, high fat diet
- Obesity or overweight status
- Reproductive history (higher risk for women who never had children)
- Smoking and secondhand smoke
- Birth control use within then previous 10 years
- Age (2/3 of breast cancers occur in women 55 and older)
- Family or personal history of breast cancer
- Gene defects or mutations
- Race (higher risk for Caucasian women 45 and older)
- Dense breast tissue

Early Detection
- Women aged 40 and older should get a screening mammogram every year
- Women should know how their breasts normally look and feel and report any breast changes to their physician
- Clinical breast exam is recommended every year for women starting at age 18
- Women at higher risk should discuss beginning mammograms at a younger age with their physician

Delaware Female Breast Cancer Facts
- In 2016, women in Delaware ranked 3rd nationally in mammogram screening
- It is the most common cancer diagnosed in women and the second leading cause of cancer death in women
- 30% of new cancer cases in women, 14% of all cancer deaths in women
- 77% of new cases are in non-Hispanic Caucasian women, 76% of deaths are in non-Hispanic Caucasian women

<table>
<thead>
<tr>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Rank</td>
<td>9th</td>
</tr>
<tr>
<td>Age Adjusted Rates^</td>
<td></td>
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<tr>
<td>DE</td>
<td>134.2 (130.0, 138.6)</td>
</tr>
<tr>
<td>US</td>
<td>126.0 (125.5, 126.4)</td>
</tr>
<tr>
<td>DE – NH Caucasian</td>
<td>136.8 (131.7, 142.0)</td>
</tr>
<tr>
<td>US – NH Caucasian</td>
<td>135.2 (134.6, 135.8)</td>
</tr>
<tr>
<td>DE – NH African American</td>
<td>133.3 (123.6, 143.7)</td>
</tr>
<tr>
<td>US – NH African American</td>
<td>130.2 (128.8, 131.6)</td>
</tr>
<tr>
<td>DE – Hispanic</td>
<td>94.3 (75.1, 116.7)</td>
</tr>
<tr>
<td>US – Hispanic</td>
<td>93.7 (92.7, 94.8)</td>
</tr>
</tbody>
</table>

Stage of Diagnosis
- Local | 67% | --- |
- Regional | 26% | --- |
- Distant | 5% | --- |
- Unknown | 1% | --- |

Age at Diagnosis*
- 0-39 Years | 13.0 | --- |
- 40-64 Years | 239.4 | 34.9 |
- 65-74 Years | 477.4 | 65.6 |
- 75-84 Years | 473.8 | 111.9 |
- 85 Years and Older | 409.1 | 182.1 |

Data Sources
Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018
Delaware (Mortality): Delaware Health Statistics Center, 2018
US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic
^Age-Adjusted Rates/100,000 of Population (rates based on less than 25 cases or deaths are not shown)
*Age-Specific Rates/100,000 of Population (rates based on less than 25 cases or deaths are not shown)