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
- American Cancer Society (ACS) recommends women aged 40 and over get a screening mammogram every year
- Women should know how their breasts normally look and feel and report any breast changes to their physician
- Breast self-exams are recommended for women starting in their 20s
- 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
- 29% of new cancer cases in women, 14% of all cancer deaths in women
- 77% of new cases are in non-Hispanic Caucasian women, 77% of deaths are in non-Hispanic Caucasian women

<table>
<thead>
<tr>
<th></th>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Rank</td>
<td>7th</td>
<td>20th</td>
</tr>
<tr>
<td>Age Adjusted Rates^</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DE</td>
<td>133.5 (129.2, 137.9)</td>
<td>22.4 (20.7, 24.3)</td>
</tr>
<tr>
<td>US</td>
<td>124.9 (124.5, 125.4)</td>
<td>21.2 (21.1, 21.3)</td>
</tr>
<tr>
<td>DE – NH Caucasian</td>
<td>136.1 (131.0, 141.3)</td>
<td>21.6 (19.7, 23.7)</td>
</tr>
<tr>
<td>US – NH Caucasian</td>
<td>134.1 (133.5, 134.7)</td>
<td>21.1 (21.0, 21.3)</td>
</tr>
<tr>
<td>DE – NH African American</td>
<td>132.2 (122.3, 142.7)</td>
<td>25.7 (21.4, 30.6)</td>
</tr>
<tr>
<td>US – NH African American</td>
<td>128.3 (126.9, 129.7)</td>
<td>30.0 (29.6, 30.3)</td>
</tr>
<tr>
<td>DE – Hispanic</td>
<td>69.7 (52.6, 90.2)</td>
<td>---</td>
</tr>
<tr>
<td>US – Hispanic</td>
<td>93.1 (92.1, 94.2)</td>
<td>14.5 (14.2, 14.7)</td>
</tr>
</tbody>
</table>

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

Age at Diagnosis*
- 0-39 Years: 15.2
- 40-64 Years: 215.3
- 65-74 Years: 482.3
- 75-84 Years: 466.2
- 85 Years and Older: 426.3

Data Sources
Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2017
Delaware (Mortality): Delaware Health Statistics Center, 2017
US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2017

*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)