



## STAY ABREAST

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Sponsored by the Virginia Breast Cancer Foundation  
Presented by: Erin Steigleder, MSW



# Founding of VBCF



Virginia  
Breast Cancer  
Foundation

## Pop Quiz!:

Getting a mammogram every year can reduce a woman's chance of getting breast cancer.

**True or False?**

**Pop Quiz!:**

**FALSE.**

Mammograms do not prevent breast cancer, they only help detect it.

## Pop Quiz!:

You don't have to worry about breast cancer if there isn't any on your mom's side.

**True or False?**

## Pop Quiz!:

**FALSE.**

1. Father's family history matters as much as mother's.
1. 85% of people diagnosed with breast cancer don't have a family history.

## Pop Quiz!:

How many milk ducts do women have in each breast, on average?

## Pop Quiz!:

There are between 5 and 8 ducts in the average breast.



# What is Breast Cancer?

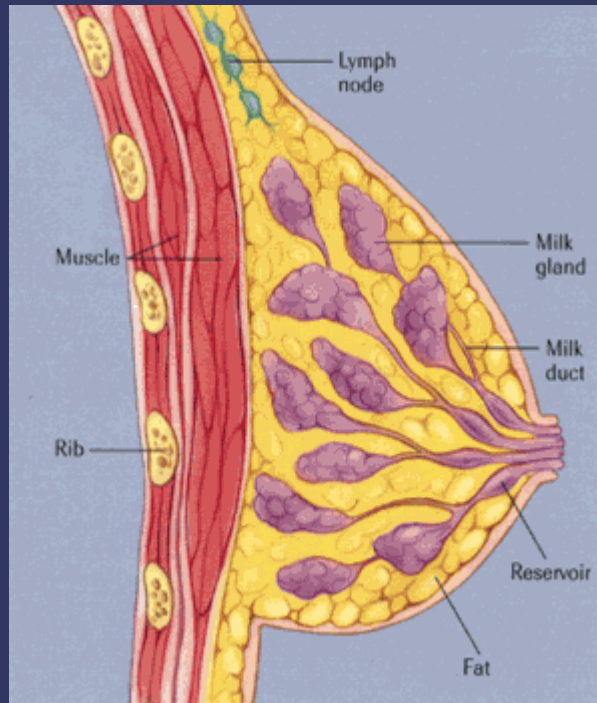
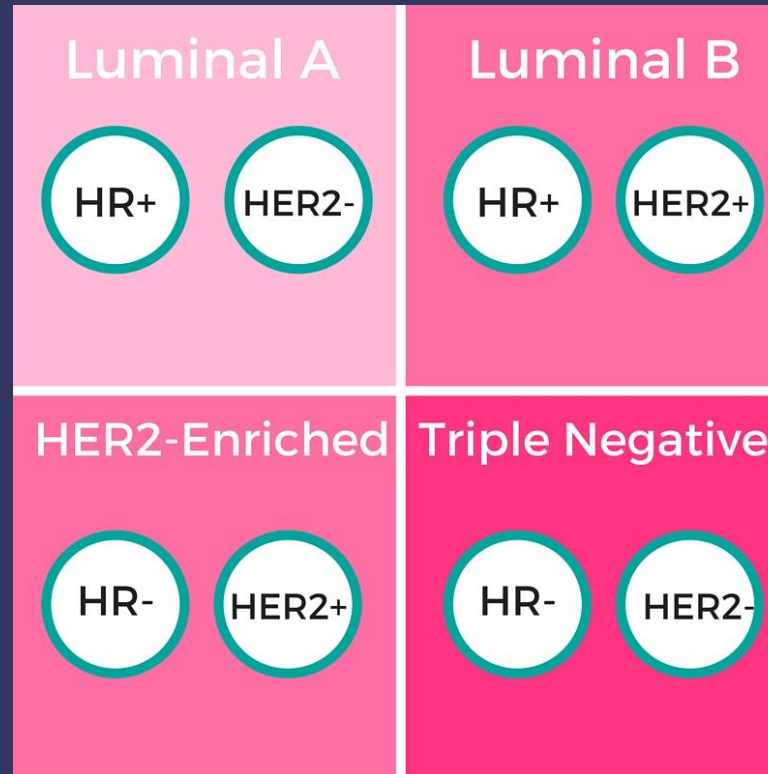


Image made available by a generous grant from Bristol-Myers Squibb

# Types of Breast Cancer



# Breast Cancer Statistics 2022



## Women: (US)

- 287,850 new invasive cases
- 43,250 deaths nationwide
- 7,600 cases in Virginia; 1,150 deaths
- Black women 5 year survival: 82%
- White women: 91%

## Men: (US)

- 2,710 new cases
- 530 deaths

# Men and Breast Cancer

- 100x less common in men
- Mostly ER+
- Most cases are invasive
- Obesity/alcohol use major risk factors
- Not as compliant with treatment



# How Breast Cancer Is Usually Detected

- Self and/or Partner Detection
- Clinical Breast Exam
- Mammography
- Breast Ultrasound \*
- Breast MRI \*

# Mammogram

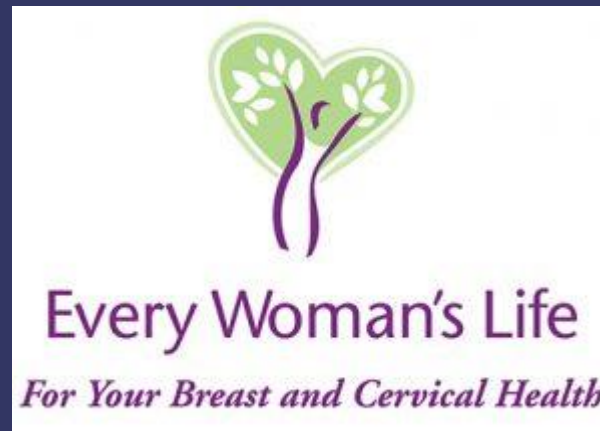
A mammogram is a low-dose X-ray that can find cancers before they can be felt.

Q: When should you get a mammogram?

A: Whenever you and your doctor decide!



Having a mammogram is uncomfortable,  
**BUT** having one too late can really hurt.



Every Woman's Life Program

1-866-EWL-4YOU (1-866-395-4968)

# Benefits of Early Detection

- May have more treatment options
- Improved survival rate
- 5 year survival rate
  - 98% if it has not spread
  - 23% if it has spread to other parts of body

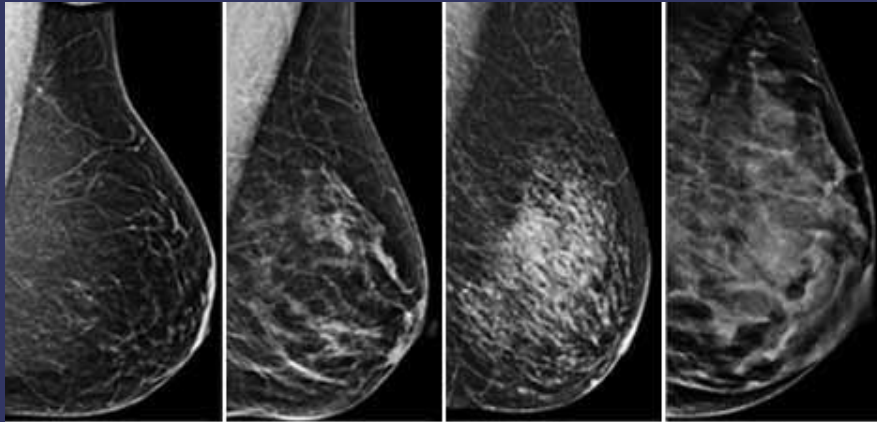




# Risk Factors

1. Being born biologically female
2. Age
3. Genes
4. Dense Breasts
5. Menstrual factors
6. Hormonal birth control
7. A previous breast biopsy that showed abnormal cells or a false positive
8. Other health factors – alcohol use, obesity, previous radiation treatment

# Risk Factor: Dense Breasts



The breasts are almost entirely fatty

There are scattered areas of fibroglandular density

The breasts are heterogeneously dense, which may obscure small masses

The breasts are extremely dense, which lowers the sensitivity of mammography

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- 50% of tissue shows “white” on mammogram
  - Harder to spot cancerous tissue
- Increases risk of cancer
- 3D mammography (tomosynthesis)

# Differences Between Groups



- Racial/ethnic differences
- Sexual and Gender Minorities

## These things DO NOT cause breast cancer...

- Deodorant/anti-perspirant
- Wearing/not wearing a bra
- Underwire bras
- Binding breasts
- Abortions
- Having larger breasts
- Caffeine
- Hair dye/straighteners\*
- Living near power lines
- Tattoos on/near chest
- Cell phones
- Breast implants (textured)\*

## Reduce Your Risk

There is no way to PREVENT breast cancer, but these things could help:

- Exercise regularly
- Maintain a healthy body weight
- Eat plenty of fruits, vegetables and foods with fiber
- Don't smoke
- Limit alcohol intake to no more than 3 drinks /week
- Breastfeeding
- Avoid exposure to pesticides & chemicals

# Clinical Trials

## CLINICAL TRIAL AWARENESS



**85%** OF CLINICAL TRIALS FAIL TO RETAIN ENOUGH PATIENTS



**80%** OF CLINICAL TRIALS FAIL TO FINISH ON TIME



**50%** OF SITES ENROLL ONE OR NO PATIENTS IN THEIR STUDIES



**40%** OF THE TOTAL US PHARMACEUTICAL CLINICAL TRIAL BUDGET GOES TOWARD RECRUITMENT (\$1.89B)



**30%** OF PATIENTS DROP OUT OF A CLINICAL TRIAL

SOURCE: NUTTAL, AIDAN. "CONSIDERATIONS FOR IMPROVING PATIENT RECRUITMENT INTO CLINICAL TRIALS." <D>CONSIDERATIONS FOR IMPROVING PATIENT RECRUITMENT INTO CLINICAL TRIALS</D>, RDP CLINICAL OUTSOURCING, 23 MAR. 2012. WEB. 17 NOV. 2015.

**Join the Fight! Volunteer -  
YOU CAN make a difference!**

***www.vbcf.org* | 800-345-VBCF**





**Available at the DMV now!**

**Thank you! Questions?**



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Breast Cancer  
Foundation**

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