

# Breast Cancer in Nevada - 2018

**2,180**

estimated new cases in Nevada this year

**390**

estimated deaths in Nevada this year

## Screening for Breast Cancer

Screening for breast cancer means looking for signs of breast cancer in all women of a certain age or with certain risk factors, even if they have no symptoms. Screening can help find cancers earlier when they're easiest to treat.



A **Clinical Breast Exam** is when a doctor or nurse feels the breast and under the arms for lumps or anything else unusual.



A **Screening Mammogram** is an x-ray picture of the breast. Newer 3D mammograms take many pictures of the breast to recreate a 3D picture of the breast, and may provide a clearer image of masses in dense breast tissue.



A **Diagnostic Mammogram** is used when there are unusual signs or symptoms in the breast, such as a lump, or if a screening mammogram shows abnormal results. Need for a diagnostic mammogram doesn't mean a woman has breast cancer, just that more images are needed.



**Women should talk to their health care provider about their family history and personal risk for breast cancer and when to begin screening. Most women begin screening at age 40.**



Breast cancer screening rates in Nevada have been steadily declining since 2000. Just 67% of women 40 or older received a mammogram within the past 2 years.

**We need to do better.**

Nevada's Women's Health Connection program provides breast cancer screening, diagnostics, and Medicaid treatment to low-income women who are uninsured or under-insured. Call 844-469-4934 for more information.



## Some Risk Factors

- Being a woman.
- Getting older. Most breast cancers are diagnosed after age 50.
- Personal or family history of breast cancer.
- Having dense breast tissue.
- Genetic mutation such as BRCA1 or BRCA2.
- Physical inactivity, drinking alcohol.
- Being overweight or obese after menopause.
- History of radiation therapy to the chest before age 40.
- First menstruation before age 12.
- Giving birth for the first time after age 30 or never giving birth.

## Signs & Symptoms

Women should talk to a health care provider if they experience any of the following signs or symptoms:

- A lump or pain in the breast.
- Thickening or swelling in part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- A change in the size or shape of the breast.
- Fluid other than breast milk from the nipple, especially blood.



Data Sources: American Cancer Society Cancer Facts & Figures, 2018; Behavioral Risk Factor Surveillance System, 2016; Centers for Disease Control & Prevention.

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