

Breast Cancer

EARLY DETECTION SAVES LIVES



What is Breast Cancer?

Breast cancer occurs when abnormal cells form in the tissues of the breast, which can then spread if they are not detected and treated.

Statistics

In Los Angeles County, breast cancer was the **2nd leading cause of premature death** among women in 2019.

About **85% of breast cancer** occurs in women who have **no family history of it**.

In the U.S., **1 in 8 women** will develop breast cancer in her lifetime.

Breast Cancer and Health Equity

- Black women are 40% more likely to die of breast cancer than white women.
- Black women are 2x more likely to be diagnosed with types of breast cancers that are more difficult to treat.
- Ashkenazi Jewish women have a higher risk of breast cancer because of a higher rate of BRCA mutations.
- Native Hawaiian & other Pacific Islander (NHPI) women in California have a 33% higher breast cancer mortality rate than non-Hispanic white women.
- Latinx women are more likely to be diagnosed at a later stage than white women in the U.S.

Environmental Factors

Published studies support a link between breast cancer and environmental toxins, such as those involved in the production of **plastics, cosmetics, and pesticides**.

Exposure to environmental toxins varies depending on where people live, their occupation, and the products they use or consume. Access to nutritious food and spaces to be physically active are also important for reducing breast cancer risk. Environmental risk factors are influenced by systemic racism.



Screening Recommendations

Screening mammography can help reduce deaths from breast cancer among women ages 40-74 years. Low-cost or free mammography services are available to uninsured, underinsured, & low-income women who qualify in LA County, regardless of immigration status. For a community clinic near you, visit bit.ly/BreastCancerScreeningClinics.

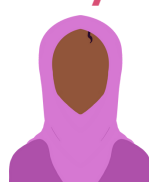
Some transgender men and women, intersex, and non-binary or gender queer people also need breast cancer screening. The need for mammography varies depending on age, sex at birth, use of hormones, history of chest surgery, and family history.

40-49 years



Emerging guidelines recommend all women begin screening at age 40 and continue every two years. Starting mammography at age 40 can save lives.

50-74 years



Recommended to get a mammogram every two years

75 years +



Can continue to get mammograms every two years

*Recommendations are from the U.S. Preventive Services Task Force (USPSTF)

What can I do to reduce my risk?



Avoid or limit alcohol consumption



Eat a nutritious diet and maintain a healthy weight



Engage in regular physical activity



Breast/chest feed, if applicable

Resources in Los Angeles County

All residents in Los Angeles County, regardless of immigration status, have access to both **breast cancer screening and cervical cancer screening often at no cost or low cost** through the **Department of Health Services**. Visit bit.ly/BreastCancerScreeningClinics.

Every Woman Counts provides **free breast cancer and cervical cancer screening and diagnostic services** to California's underserved populations. Visit bit.ly/EveryWomanCounts.

Free treatment is available to all Californians who qualify through the **Breast and Cervical Cancer Treatment Program**.

Visit bit.ly/BreastandCervicalCancerTreatmentProgram.

Visit 211LA.org for **breast cancer screening and treatment resources**.