

Breast Cancer Risk Factors

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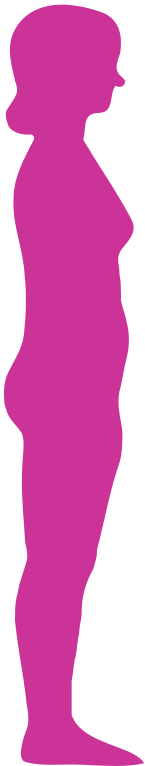


Breast Cancer Statistics

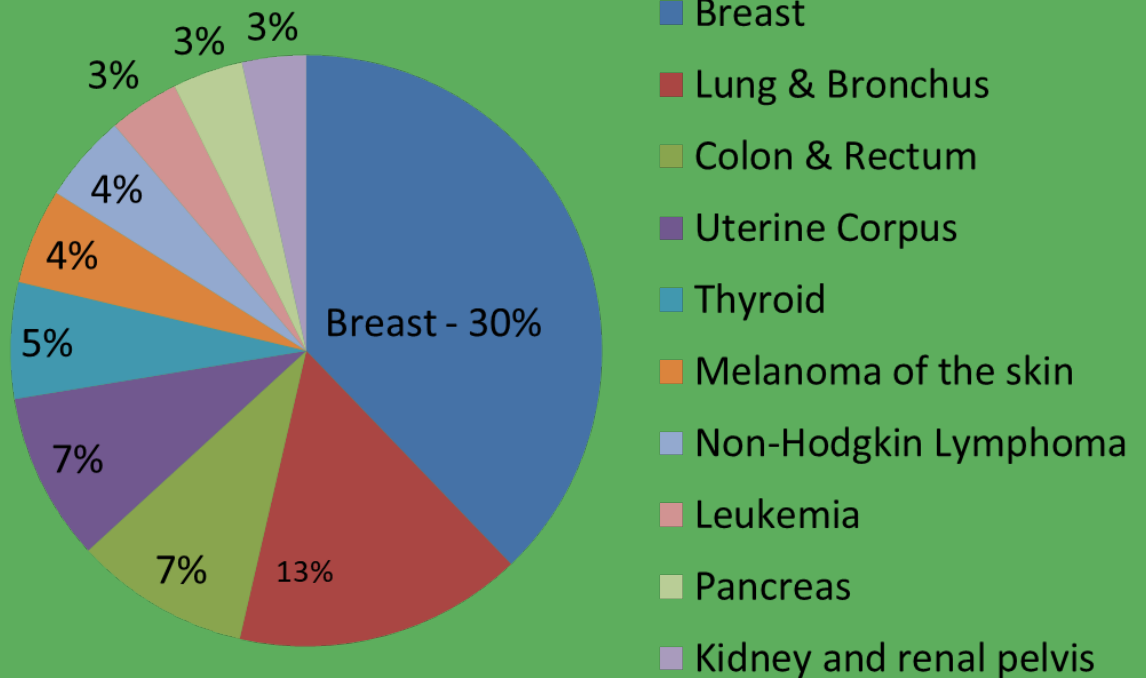
- Approximately 280,000 women in the USA get breast cancer every year
- Breast Cancer is the Most Common cancer in American women
- Overall Survival is 90%
- There are nearly 4 million breast cancer Survivors in the USA

2020 Estimated Cancer Cases: US

Women
279,100



Estimated New Cases



**Risk Factors
are
Modifiable & Non-Modifiable**



Non-Modifiable Risk Factors

Gender

Age

Breast Density

Family History

High-Risk Biopsies

Gender

- 99% of all Breast Cancer occurs in women born as Female




Age

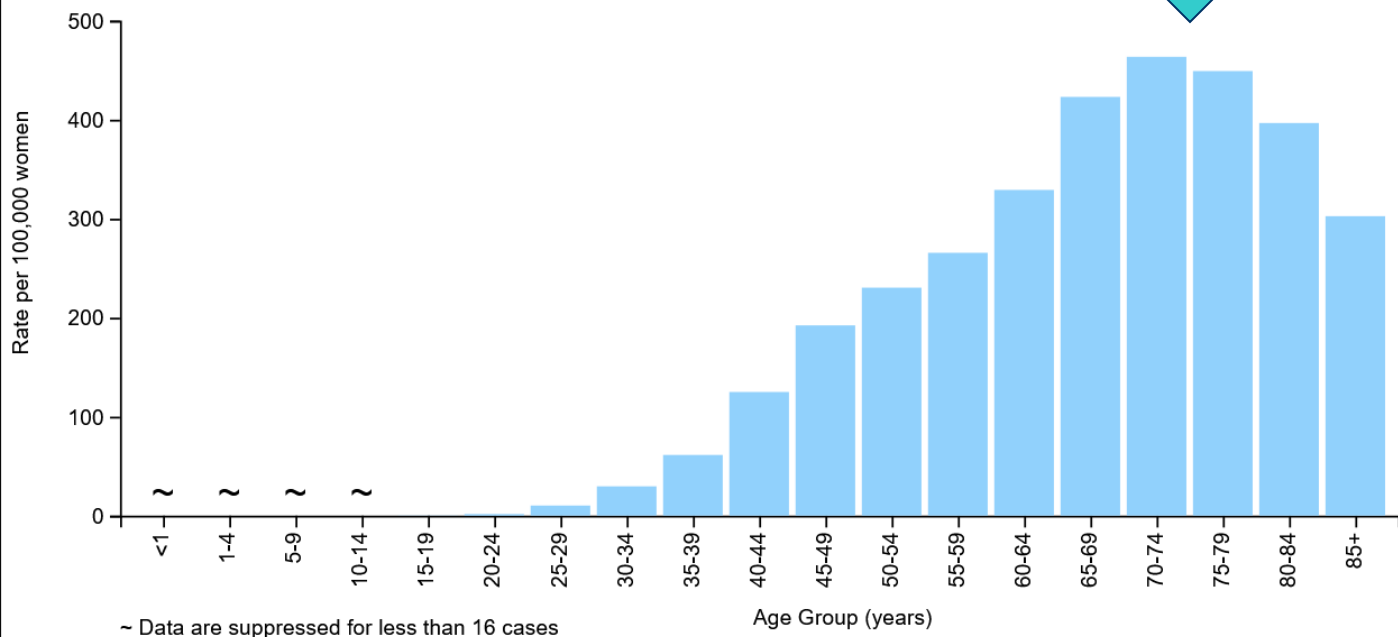
- Incidence of breast cancer rises until age 75

Rate of New Cancers by Age Group (years), All Races, Female

Female Breast

Rate per 100,000 women

 Chart  Table  Export



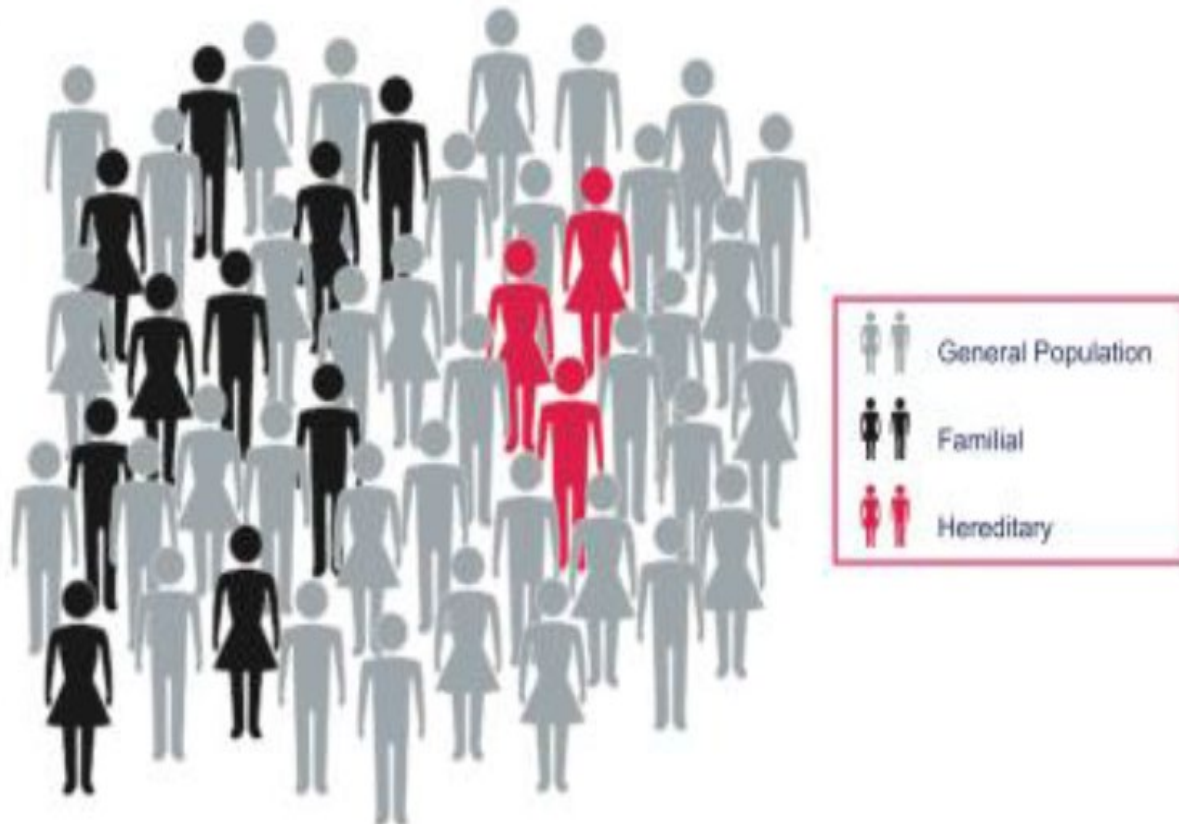
Breast Density

- Breast Density is a mammographic designation
- Women with more dense breasts have an increased risk of breast cancer
- This risk does not generally change after menopause

Family History/Genetics

- 90-95% of Breast Cancers occur in women who have NO Family history of breast cancer
- Risk assessment models can be performed to find out a woman's lifetime risk of breast cancer
- Genetic testing can be performed to look for genetic alterations (mutations) that predispose to breast cancer
- Women can be high risk even without a genetic mutation

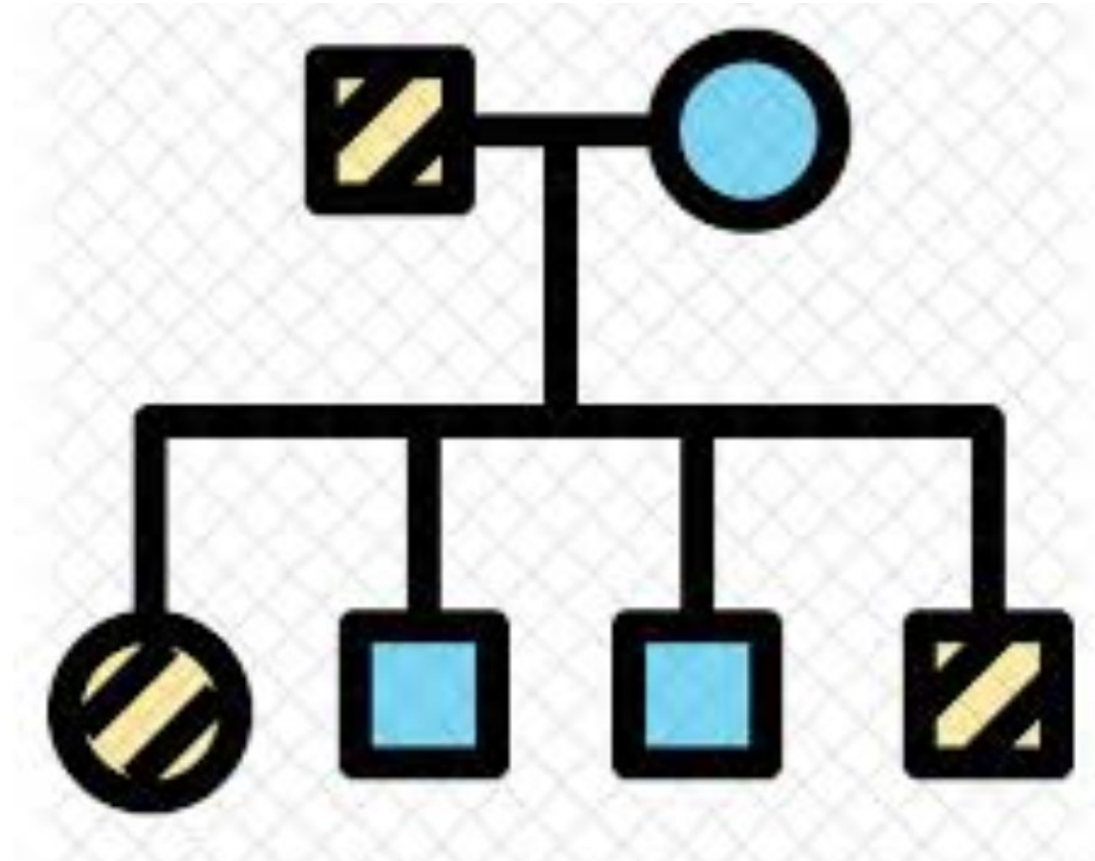
HOW MANY PATIENTS ARE AT RISK OF HEREDITARY BREAST AND OVARIAN CANCER?



Family History Red Flags

- Close relative with breast cancer under age 50
- Close relative with ovarian cancer
- Numerous close relatives with breast cancer at any age or multiple episodes in one person
- First degree relative with pancreatic cancer or metastatic prostate cancer
- Combinations of the above, especially if Ashkenazi Jewish heritage

Genes Can Come From Either Parent



High Risk Biopsies

- Breast Biopsies with the following tissue types can increase risk:
 - Atypical hyperplasia (ductal or lobular)
 - LCIS (Lobular Carcinoma in situ)

Modifiable Risk Factors

Body Mass Index

Tobacco Usage

Pregnancy and Breastfeeding

Alcohol Intake

HRT Usage

Exercise

Diet

Modifiable Risk Factors

- BMI 20-25 preferred to reduce risk
- Tobacco use correlates with risk of new and recurrent cancers (all types)
- Pregnancy <30 and breastfeeding are protective
- Alcohol use should be eliminated
- HRT should be limited to 5 years
- Exercise 150-300minutes per week

Diet

*slides courtesy of Joan Lavery-McLaughlin RD, LD

Food for Thought

- Recent research implicates diet in at least 1/3 of all cancers
- Food is information for our genes and can influence what genes get turned on and off
- We want to make sure that we are sending the proper messages

Standard American Diet (SAD)

- High in animal fats; low in plant-based foods
- High in unhealthy fats: trans fat, saturated fat, hydrogenated oils
- Low in fiber; low in complex carbohydrates
- Highly processed; Pro-inflammatory

Inflammation and Disease

- Many diseases (including cancer) are greatly influenced by chronic inflammation
- Food can influence or inhibit inflammation
- Poor diet, stress, lack of exercise and genetic predisposition can all promote inflammation

What is a Plant Based Diet?

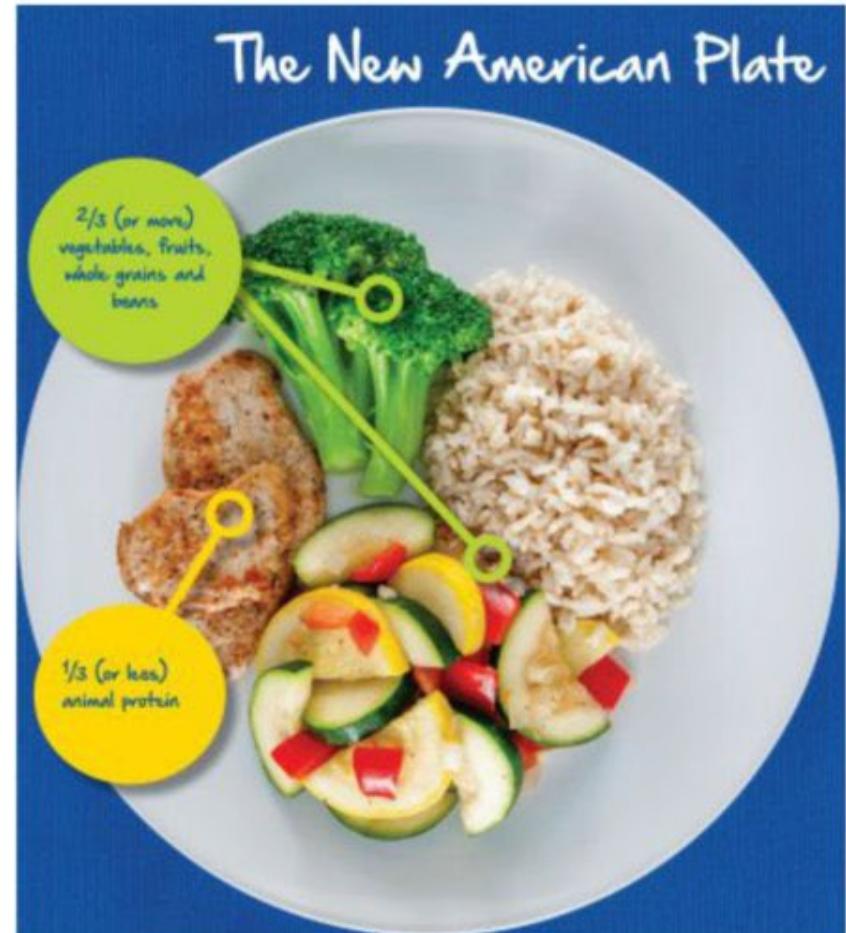
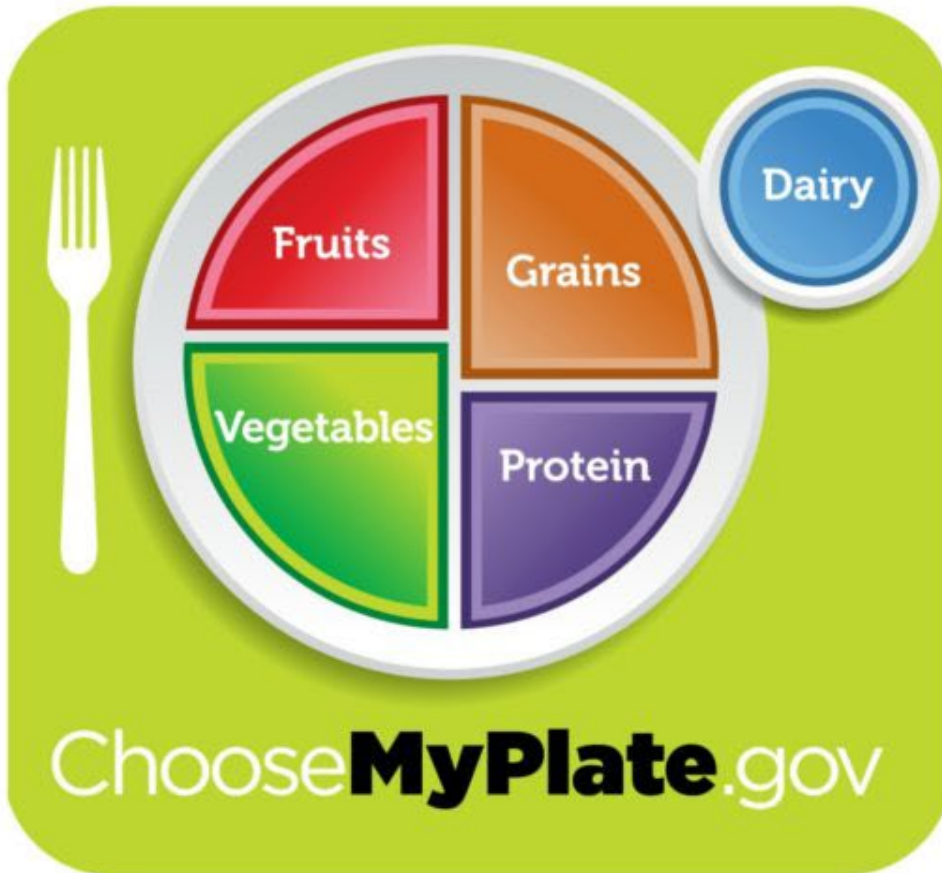


- Rich in fruits, veggies, whole grains, legumes, nuts & seeds
- Small amounts of meats
- Provides a variety of cancer fighting “phyto” chemicals
- Can be anti-inflammatory and stimulate the immune system

What should my plate look like?

- $\frac{1}{2}$ of your plate should be non starchy vegetables – the more the better!
- $\frac{1}{4}$ of your plate should be whole grains (brown rice, quinoa, millet, bulgur)
- $\frac{1}{4}$ of your plate should be lean proteins (fish, beans & nuts, poultry – limit red meat)

The New American Plate



Other Practical Tips

- Do not skip meals
- Smaller “snack like” meals spread throughout the day provide a steady supply of fuel every 2-3 hours
- Include a lean protein with meals and snacks
- Eat food, not food-like substances

Seven Words to Better Health

*“Eat food. Not too much.
Mostly plants.”*

- Michael Pollan

Review

- Breast Cancer is common
- Know your Family History
- Most Breast Cancer does not run in families
- There are a number of modifiable risk factors to lower risk

Lower BMI	Limit Alcohol Usage
Exercise	Avoid Smoking & Vaping
Healthy Diet	Limit Hormone Replacement

Screening is Important Too

- Get your mammogram
- Next talk in October will address screening and mammograms

Questions??

