

# Breast Cancer in Anne Arundel County

Breast cancer is the *most common cancer* among women in Anne Arundel County. Overall, breast cancer is the *sixth leading cause of death* and *second leading cause of cancer death* among Anne Arundel County women. In 2006, approximately 1 in every 60 women in Anne Arundel County was a breast cancer survivor.

## Breast Cancer Risk Factors<sup>1</sup>

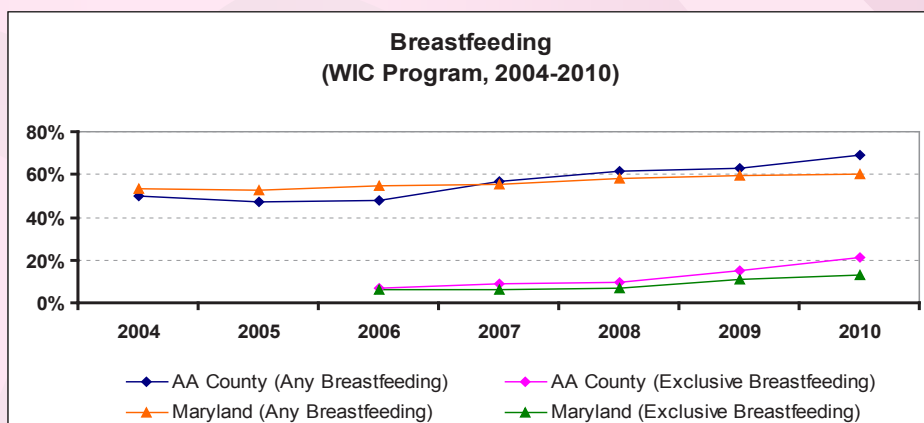
DEMOGRAPHIC RISK FACTORS:	REPRODUCTIVE RISK FACTORS:	OTHER RISK FACTORS:	LIFESTYLE RISK FACTORS:
FEMALE GENDER	EARLY AGE AT MENARCHE	HISTORY OF RADIATION	OVERWEIGHT OR OBESITY
ADVANCING AGE	LATE AGE AT FIRST BIRTH	HORMONAL THERAPY USE	LACK OF PHYSICAL ACTIVITY
PERSONAL OR FAMILY HISTORY (1 <sup>ST</sup> DEGREE RELATIVE) OF BREAST CANCER	NULLIPARITY/ LOW PARITY		ALCOHOL CONSUMPTION
RACE/ETHNICITY	NO BREASTFEEDING		
GENETICS (BRCA MUTATIONS)	LATE AGE AT MENOPAUSE		

### Key Facts:

- Women are over 100 times more likely to be diagnosed with breast cancer than men.
- Advancing age is associated with higher breast cancer incidence and mortality. *Compared to women between the ages of 40-49, the number of women who die from breast cancer is two times more between the ages of 50-59, three times more between the ages of 60-69, and five times more between the ages of 70-79.*
- While the gap in breast cancer incidence rates between white women and black women has decreased in Anne Arundel County, *black women both in Arundel County and across the state of Maryland have higher mortality rates from breast cancer.*

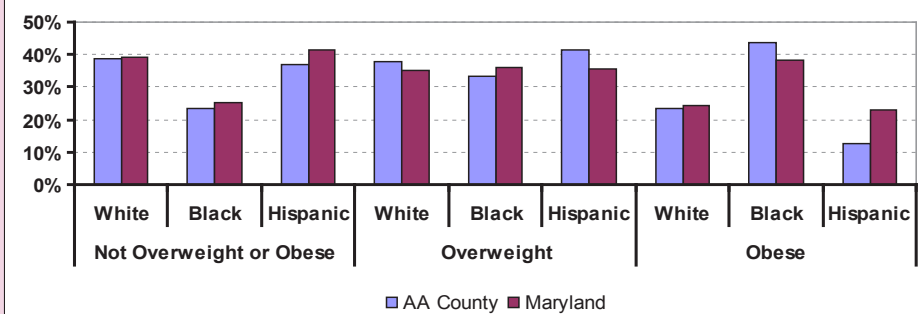
### Breastfeeding:

A 2002 study found a *relative risk reduction of 4.3% for every 12 months of breastfeeding.*<sup>2</sup> Overall, roughly 75% of women in Maryland attempted to breastfeed.<sup>3</sup> Breastfeeding rates are higher among women with more education and higher socioeconomic status. Programs such as Women, Infants, and Children (WIC) encourage women to breastfeed, if possible.



Source: Anne Arundel County Department of Health, WIC Program, 2004-2010

### Weight Status (Women, age 18+, 2004-2008)



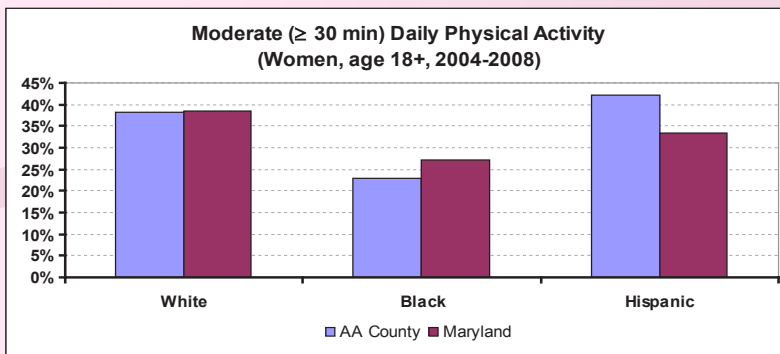
Source: Maryland Behavioral Risk Factors Surveillance System, 2004-2008

### Weight Status:

Studies have shown an association between higher body mass index and adult weight gain with an increased risk for developing breast cancer among women who have never used hormonal therapy.<sup>4,5</sup> *Among adult women in Anne Arundel County, 61.2% of white women, 76.8% of black women, and 54.2% of Hispanic women are overweight or obese.*

### Physical Activity:

A 1997 study found a **risk reduction of 37-52% for developing breast cancer among women who exercised regularly compared to sedentary women.**<sup>6</sup> This effect was dependent on the level and duration of physical activity and was most pronounced in premenopausal women. **In Anne Arundel County, 38.3% of white women, 23.0% of black women, and 42.3% of Hispanic women engage in at least 30 minutes of moderate physical activity each day.**

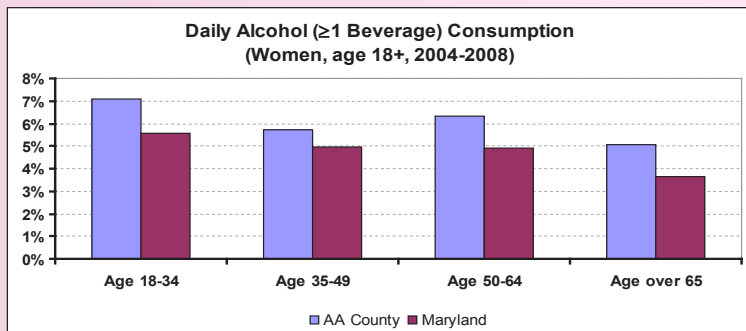


Source: Maryland Behavioral Risk Factors Surveillance System, 2004-2008

### Alcohol Consumption:

Having more than one alcoholic drink per day has also been associated with increased breast cancer risk. A 2002 study found that **for each additional 10 g of alcohol consumed on a daily basis, the relative risk of breast cancer increased by 7.1%.**<sup>7</sup>

More Anne Arundel County women consume at least one alcoholic drink daily than the statewide average.

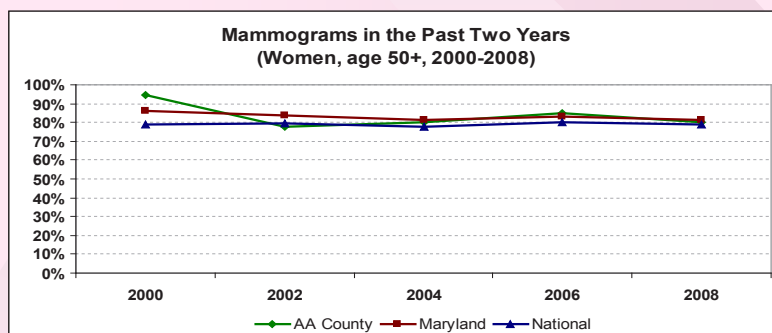


Source: Maryland Behavioral Risk Factors Surveillance System, 2004-2008

## Breast Cancer Screening

Mammography is an important tool to detect breast cancer early in women with no symptoms.

- **Women between the ages of 50 and 74 should have screening mammograms regularly.**
- **Between the ages of 40 and 49, women should consult with their physician to understand the benefits and risks of mammography and to determine what is best for them.**<sup>8, 9, 10</sup>
- **Higher risk women should consult with their physician regarding when and how to screen for breast cancer.**



Source: Maryland Behavioral Risk Factors Surveillance System, 2000-2008

### References:

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9. Susan G. Komen Foundation. *Breast Cancer Screening Recommendations for Women at Average Risk.* ([http://www5.komen.org/uploadedFiles/Content\\_Binaries/806-374a.pdf](http://www5.komen.org/uploadedFiles/Content_Binaries/806-374a.pdf))
10. American Cancer Society. *Breast Cancer: Early Detection.* (<http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-early-detection-a-c-s-recs>)

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Anne Arundel County Department of Health

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