

A close-up photograph of several pink flowers, likely tulips, with green leaves and stems. The flowers are in various stages of bloom, with some showing the characteristic six-petaled shape. The background is a soft, out-of-focus green.

Breast Cancer in South Dakota 2009

Breast Cancer Estimates for 2009¹

South Dakota expects 530 new cases of female breast cancer and 100 deaths due to this cancer in 2009. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer and the second leading cause of cancer death for South Dakota women.

Incidence and Mortality

From 2002 to 2006 there was an average of 531 new cases of invasive breast cancer cases diagnosed among South Dakota female residents each year. Of those cases, 502 were white and 24 were American Indian.

An average of 109 female residents died from breast cancer annually from 2002 to 2006. Of that number, 104 were white and 5 were American Indian.

Incidence 2006		Mortality 2006	
Number of cases		Number of deaths	
Total	473	Total	95
White	443	White	90
American Indian	24	American Indian	5
Median age at diagnosis	63 yrs	Median age at death	71 yrs
Mode	58 yrs	Mode	75 yrs
Age range at diagnosis	25-102 yrs	Age range at death	28-99 yrs
SD age-adjusted incidence rate	115.0	SD age-adjusted death rate	21.2
US SEER age-adjusted incidence rate	120.8	US SEER age-adjusted death rate	23.4

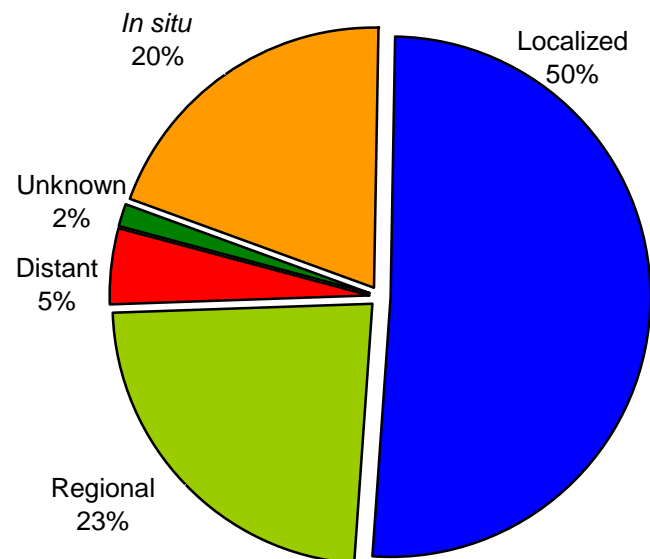
Rates per 100,000 US 2000 standard population / Source: South Dakota Department of Health

Figure 1 SEER Summary Stage

Female breast cancer stage at diagnosis, South Dakota, 2006

Mammography can detect breast cancer at an early stage, when treatment may be more effective and survival is more likely.

An annual mammogram starting at age 40 is recommended.



¹Cancer Facts and Figures 2009, American Cancer Society

Note: All numbers and rates, in this publication, are based on female breast cancer cases and deaths only.

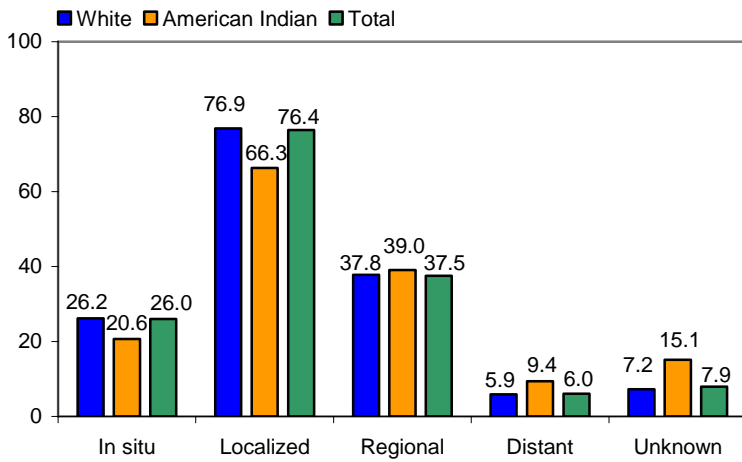


Figure 2
Age-adjusted Breast Cancer Rate
 Age-adjusted incidence rate for female breast cancer cases at stage of diagnosis by race, South Dakota, 2002-2006.

5-year survival rate is 98 percent for breast cancer diagnosed no later than the localized stage.

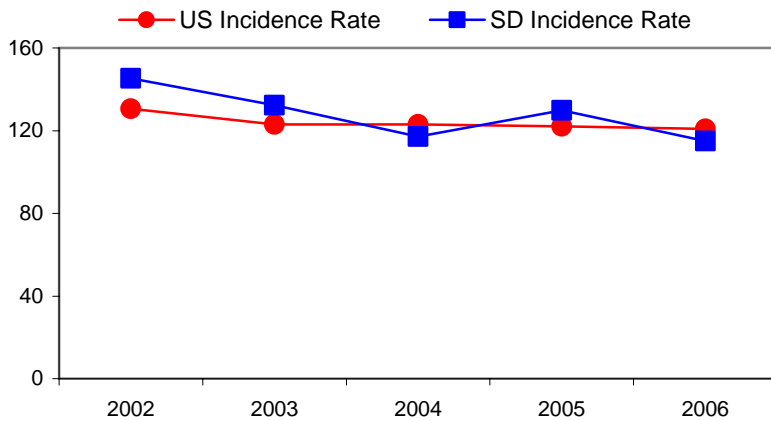


Figure 3
Age-adjusted Breast Cancer Rate
 Age-adjusted incidence rate for female breast cancer cases by United States and South Dakota, 2002-2006.

Breast cancer is the most common cancer for South Dakota women.

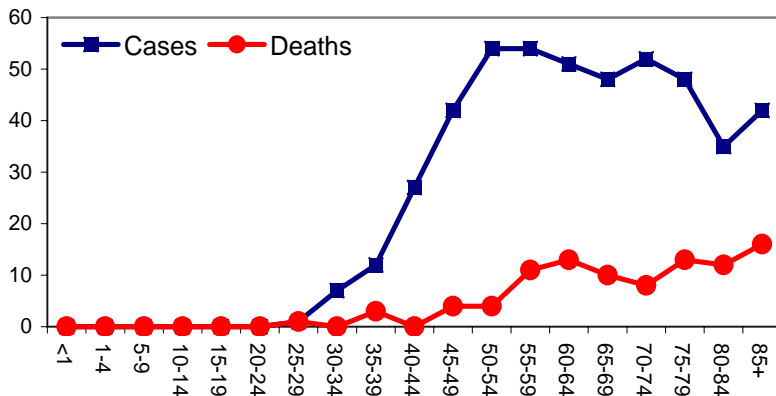


Figure 4
Breast Cancer Cases and Deaths
 Breast cancer cases and deaths by age, South Dakota, 2006.

Early detection saves lives and increases treatment options.

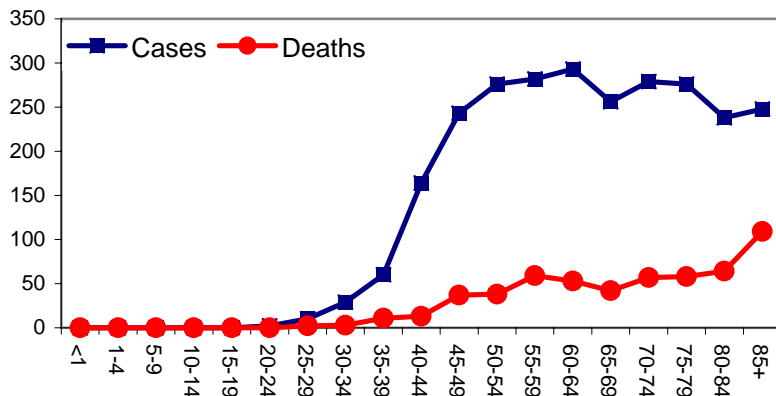
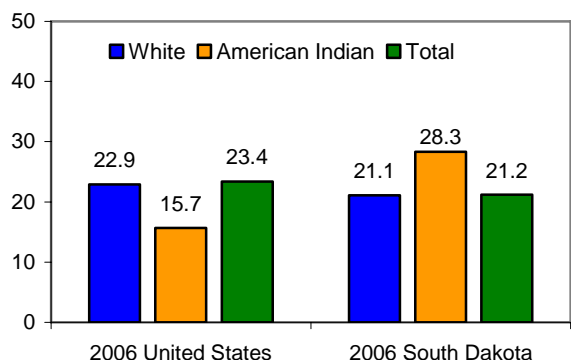


Figure 5
Breast Cancer Cases and Deaths
 Breast cancer cases and deaths by age, South Dakota, 2002-2006.

Breastfeeding, moderate or vigorous physical activity, and maintaining a healthy body weight are associated with a lower risk of breast cancer

Rates per 100,000 US 2000 Standard Population
 Source: South Dakota Department of Health

Figure 6
Female Breast Cancer Mortality Rates,
United States and South Dakota, 2006



Rates are per 100,000 US 2000 Standard Population
 Source: South Dakota Department of Health

Cancer is the second leading cause of death in South Dakota and breast cancer is the second leading cause of cancer deaths in South Dakota women.

Risk Factors

The following risk factors may increase the chance of developing breast cancer:

- Increasing age
- Young age at first menstrual period (before age 12)
- Older age at first child's birth
- Use of exogenous estrogens, sometimes in the form of hormone replacement therapy (HRT)
- Breast cancer family history – having first degree relatives (sisters, mothers, daughters) diagnosed
- White race

Prevention

Ways to lower your risk of breast cancer:

- Control your weight and exercise
- Know your family history of breast cancer
- Find out the risks and benefits of hormone replacement therapy
- Limit the amount of alcohol you drink
- Get screened for breast cancer regularly

Symptoms

Breast cancer symptoms vary widely and many breast cancers have no obvious symptoms at all. Symptoms that are similar to those of breast cancer may be the result of non-cancerous conditions like infection or a cyst. If you have any signs that worry you, be sure to see your doctor right away. Warning signs of breast cancer may include:

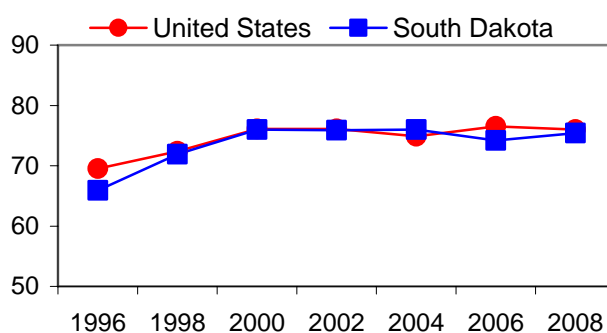
- New lump in the breast or underarm (armpit)
- Thickening or swelling in any part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

Breast Cancer Screening

The Healthy People 2010 Objective 3-13 is to increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years. The 2010 target is 70 percent of the applicable population.

See below in Figure 7 the percentage of women aged 40 years and older who reported having a mammogram within the preceding 2 years. As shown, the United States and South Dakota have surpassed the Healthy People 2010 objective.

Figure 7 Mammograms



Source: Behavioral Risk Factor Surveillance System
<http://apps.nccd.cdc.gov/brfss/>