

A close-up photograph of a pink daisy flower with a yellow center, serving as the background for the entire page. The petals are layered and have a soft, velvety texture. The center is a dense cluster of yellow stamens.

Breast Cancer in South Dakota

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Breast Cancer Estimates for 2011¹

South Dakota expected 590 new cases of female breast cancer and 100 deaths due to this cancer in 2011. 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 2007 to 2011 there was an average of 575 new cases of invasive breast cancer cases diagnosed among South Dakota female residents each year. Of those cases, 542 were white and 29 were American Indian.

An average of 110 female residents died from breast cancer annually from 2007 to 2011. Of that number, 105 were white and 5 were American Indian.

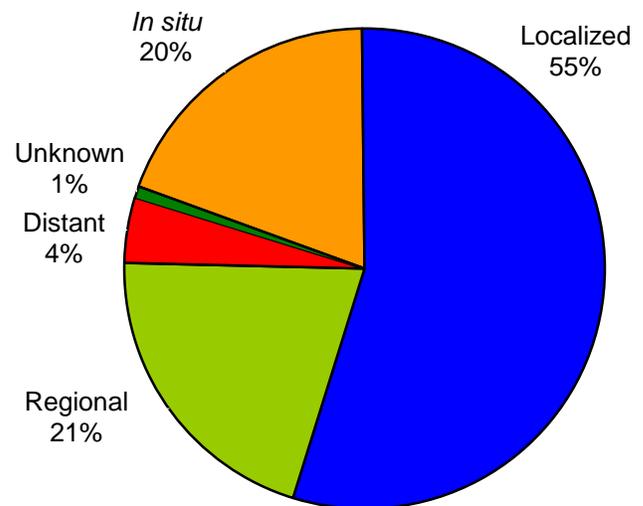
Incidence 2011		Mortality 2011	
Number of cases		Number of deaths	
Total	624	Total	122
White	582	White	114
American Indian	37	American Indian	6
Median age at diagnosis	64 yrs	Median age at death	72 yrs
Mode	65 yrs	Mode	79 yrs
Age range at diagnosis	22-95 yrs	Age range at death	37-97 yrs
SD age-adjusted incidence rate	126.7	SD age-adjusted death rate	23.3
US SEER age-adjusted incidence rate	124.3	US SEER age-adjusted death rate	21.5

Rates per 100,000 US 2000 standard population and SD 2011 Estimated Population
Source: South Dakota Department of Health

Figure 1 SEER Summary Stage

Female breast cancer stage at diagnosis,
South Dakota, 2011

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



Source: South Dakota Department of Health

¹Cancer Facts and Figures 2011, American Cancer Society

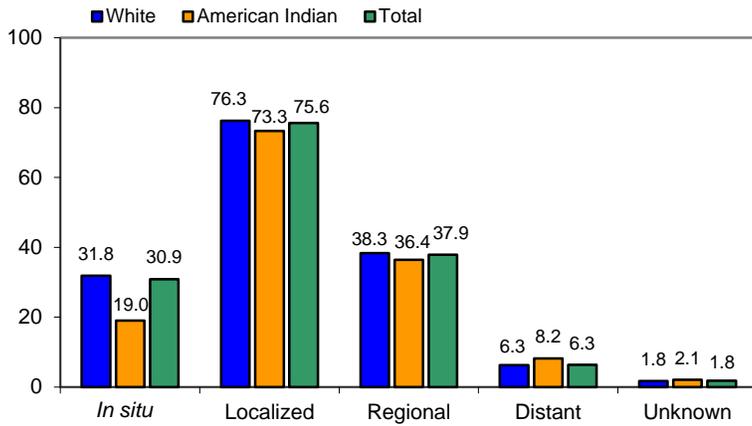


Figure 2
Age-adjusted Breast Cancer Rate
 Age-adjusted incidence rate for female breast cancer cases at stage of diagnosis by race, South Dakota, 2007-2011.

The 5-year survival rate is 98 percent for breast cancers diagnosed at the in situ or localized stages.

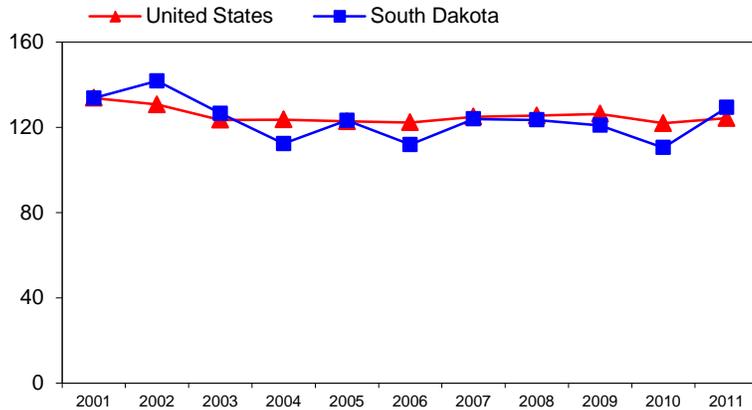


Figure 3
Age-adjusted Breast Cancer Rate
 Age-adjusted incidence rate for female breast cancer cases by United States and South Dakota, 2001-2011.

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

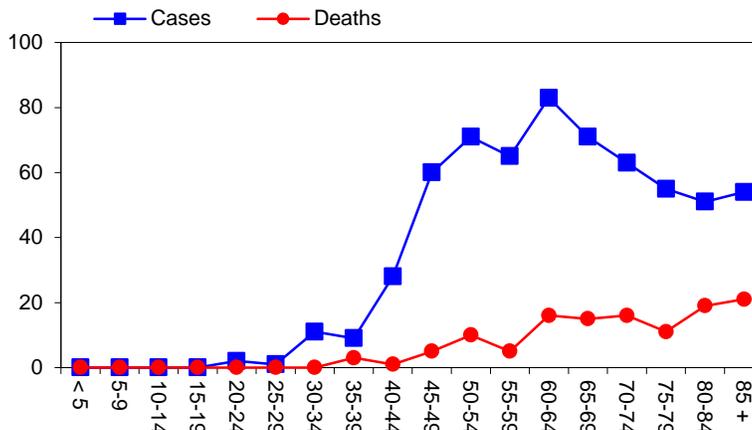


Figure 4
Breast Cancer Cases and Deaths
 Breast cancer cases and deaths by age, South Dakota, 2011.

Early detection saves lives and increases treatment options.

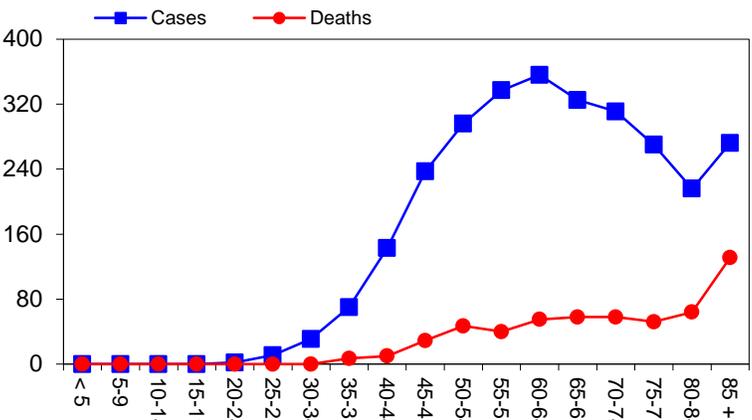
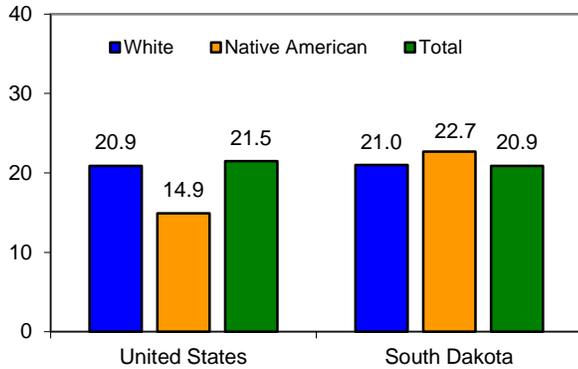


Figure 5
Breast Cancer Cases and Deaths
 Breast cancer cases and deaths by age, South Dakota, 2007-2011.

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 and SD Estimated Population
 Source: South Dakota Department of Health

Figure 6
Female Breast Cancer Mortality Rates,
United States and South Dakota, 2007-2011



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

Cancer is the 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 (after age 35) 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

Steps to lower breast cancer risk:

- Don't smoke
- Control weight and exercise
- Know family history of breast cancer
- Find out the risks and benefits of hormone replacement therapy
- Limit the amount of alcohol consumed
- Get screened for breast cancer regularly

Symptoms

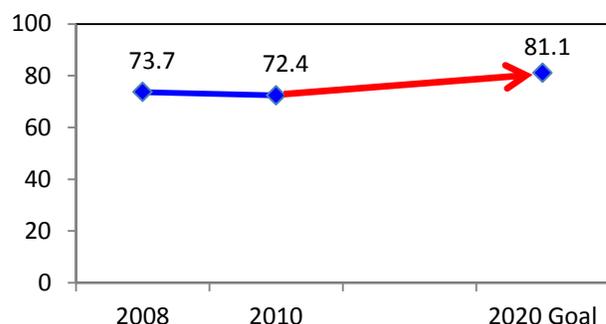
Breast cancer symptoms vary widely and many breast cancers have no obvious symptoms at all. Symptoms that are similar to those of breast cancer may be the result of non-cancerous conditions like infection or a cyst. Warning signs of breast cancer may include:

- 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 2020 Objective C-17 is to increase the proportion of women who receive a breast cancer screening based on the most recent guidelines. The United States Preventative Services Task Force guideline recommends mammography for women age 50 to 74 years every 2 years with additional recommendations that before age 50 should be an individual decision.

Figure 7 Healthy People 2020
Mammograms Recommendation Target



Source: Healthy People 2020 <http://www.healthypeople.gov/2020/Data/SearchResult.aspx?topicid=5&topic=Cancer&objective=C-17&anchor=355>

Sources: American Cancer Society, <http://www.mayoclinic.com/>, <http://www.breastcancer.org/>, and <http://www.oncolink.org/>
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