



FACTS ABOUT

# Breast Cancer in Idaho

In 2010, Idaho had the lowest mammography rate in the United States for women over the age of 40. Only 63.8% of Idaho's eligible women were screened, meaning over 122,000 have not had a mammogram in the previous two years. Idaho's screening rate was nearly 12% below the national median. Although women without health care coverage are much less likely to get mammograms (33.5% versus 68.4%) most of the women in Idaho who are deficient in getting timely mammograms have health care coverage.

## Idaho by the Numbers

### Incidence

- In 2009, there were almost 1,200 new cases of breast cancer diagnosed among women in Idaho
- One in eight women will develop breast cancer
- In 2010, 186 women and 3 men died of breast cancer

### Survivorship

- From 2004-2009 the 5 year survival rate for breast cancer in Idaho was 89.7%
- For distant stage cases, the 5-year survival rate is only 25%, however for cases found before the disease has spread, the 5 year survival rate is 99%

### Mortality

- Early detection of breast cancer is key to survival
- The most viable approach to reducing breast cancer mortality for postmenopausal women is through regular mammography



## Disparate Populations and Breast Cancer

- Non-hispanic white women have higher rates of breast cancer incidence than women of an other racial and ethnic background
- Women living in counties with rural populations of 20,000 persons or less had higher rates of late stage breast cancer than women living in more urban counties
- White women are slightly more likely to develop breast cancer than African American women, but African American women are more likely to die from breast cancer

## 5 Year Relative Survival by Stage at Diagnosis

Diagnosis	Idaho (2004-2009)	SEER (2004-2008)
All Stages	89.7%	88.9%
Localized	98.8%	98.5%
Regional	83.6%	84.2%
Distant	33.1%	24.4%
Unstaged	33.6%	44.4%

Surveillance, Epidemiology, and End Result (SEER)



[www.ccaidaho.org](http://www.ccaidaho.org)  
[www.operationpinkbag.org](http://www.operationpinkbag.org)

All references available through the Department of Health and Welfare



# Breast Cancer in Idaho

## Women's Health Check Breast Screening for Low Income / Uninsured

Year	Women Served	Screening Mammograms	Breast Cancer Diagnosed
2008	3813	3067	62
2009	4270	3042	62
2010	4702	3340	85
2011	4698	3236	77

## Comprehensive Cancer Alliance for Idaho (CCAI) Strategic Plan Objectives, 2011-2015

- Increase the proportion of women aged 40+ who have received a mammogram within the prior two years from 63.8% to 75.6%
- Reduce late stage breast cancer among women ages 40+ from 98.0 new cases per 100,000 to 88.2 new cases per 100,000 per year

## Breast Cancer Risk Factors

- Most (85%) women who get breast cancer do not have a family history. However, having a first-degree relative (mother, sister, daughter) with breast cancer almost doubles the risk.
- The greatest risk factors for breast cancer are being female and getting older. Males can develop breast cancer but the risk is 100 times higher in women.
- Approximately 5% to 10% of breast cancers result from inherited breast cancer genetic mutations, including BRCA1, BRCA2 and other mutations.
- Breast cancer incidence rates grow steadily with age. A 60 year old women's risk of developing breast cancer is about fifteen times higher than that of a 30 year old woman.
- The use of combined post-menopausal hormone therapy (estrogen and progesterone) increase the risk of breast cancer. This increase can be seen with as little as two years of use.
- Being overweight or obese has been found to increase breast cancer risk for women after menopause.
- Evidence is growing that shows exercise reduces the risk of breast cancer.

## Call to Action:

- Contribute information and resources to the Operation Pink Bag website, a collaborative effort to increase breast cancer screening
- Encourage your female patients, family, and friends to get their mammograms as recommended
- Access and promote Idaho's resources through [www.operationpinkbag.org](http://www.operationpinkbag.org)
- Join a local cancer coalition in your area affiliated with the CCAI to reduce the burden of breast cancer in Idaho

Women's Health Check  
(208) 334-5805



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