



BREAST CANCER AWARENESS MONTH

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October is the month for Breast Cancer Awareness.

This is important because many women and men are being affected by this disease. It is imperative that we have our needed preventive screenings on a regular basis. It is anticipated that more than 360,000 people will be diagnosed with breast cancer in 2024. Through early detection, the survival rates increase. The actual statistics for women and men are vastly different.



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The American Cancer Society estimates for breast cancer in men in the United States for 2024 are about 2,790 new cases of invasive breast cancer will be diagnosed and about 530 men will die from breast cancer. Breast cancer is about 100 times less common among White men than among White women. It is about 70 times less common among Black men than Black women. As in Black women, Black

men with breast cancer tend to have a worse prognosis. For men, the average lifetime risk of getting breast cancer is about 1 in 726. But each man's risk might be higher or lower than this, based on whether he has risk factors for breast cancer.

There are many similarities between breast cancer in men and women, but there are some important differences that affect finding it early.

- **Breast size:** The most obvious difference between the male and female breast is size. Because men have very little breast tissue, it is easier for men and their health care professionals to feel small masses. So even though breast cancers in men tend to be slightly smaller than in women when they are first found, more often have already spread to nearby tissues or lymph nodes. The extent of spread is one of the most important factors in the prognosis.
- **Lack of awareness:** Another difference is that breast cancer is common among women and rare among men. Women tend to be aware of this disease and its possible warning signs, but many men do not think that they can get it at all. Some men ignore breast lumps or think they are caused by an infection or some other reason, and don't get medical treatment until the mass has had a chance to grow. Some men are embarrassed when they find a breast lump and worry that someone might

question their masculinity. This could also delay diagnosis and reduce a man's chances for successful treatment.

Breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers each year.

The American Cancer Society's estimates for breast cancer in the United States for 2024 are:

- About 310,720 new cases of invasive breast cancer will be diagnosed in women.
- About 56,500 new cases of ductal carcinoma in situ (DCIS) will be diagnosed.
- About 42,250 women will die from breast cancer.

Breast cancer mainly occurs in middle-aged and older women. The average age at the time of breast cancer diagnosis is 62. This means half of the women who developed breast cancer are 62 years of age or younger when they are diagnosed. A very small number of women diagnosed with breast cancer are younger than 45. Overall, the average risk of a woman in the United States developing breast cancer sometime in her life is about 13%. This means there is a 1 in 8 chance she will develop breast cancer. This also means there is a 7 in 8 chance she will never have the disease. Mammograms, breast MRIs, and self-exams are needed for early detection at the earliest stage.

BE PRO-ACTIVE!