



BREAST CANCER

& AMERICAN INDIANS IN NEW MEXICO

KNOW THE FACTS

MOST COMMON CANCERS AMONG AMERICAN INDIAN WOMEN IN NEW MEXICO

1. Breast
2. Colorectal
3. Uterus
4. Kidney
5. Thyroid
6. Ovary
7. Liver
8. Non-Hodgkin Lymphoma
9. Lung
10. Stomach

Source: New Mexico Tumor Registry 2007-2011

1ST

**BREAST CANCER IS
THE LEADING CAUSE OF
CANCER DEATH
AMONG AMERICAN
INDIAN WOMEN
IN NEW MEXICO.**

Source: New Mexico Tumor Registry 2006-2010

**ON AVERAGE, THERE ARE 57
NEW BREAST CANCER CASES
DIAGNOSED AMONG AMERICAN
INDIAN WOMEN IN NEW MEXICO
EVERY YEAR**

**HOW MANY AMERICAN INDIANS
ARE AFFECTED?**



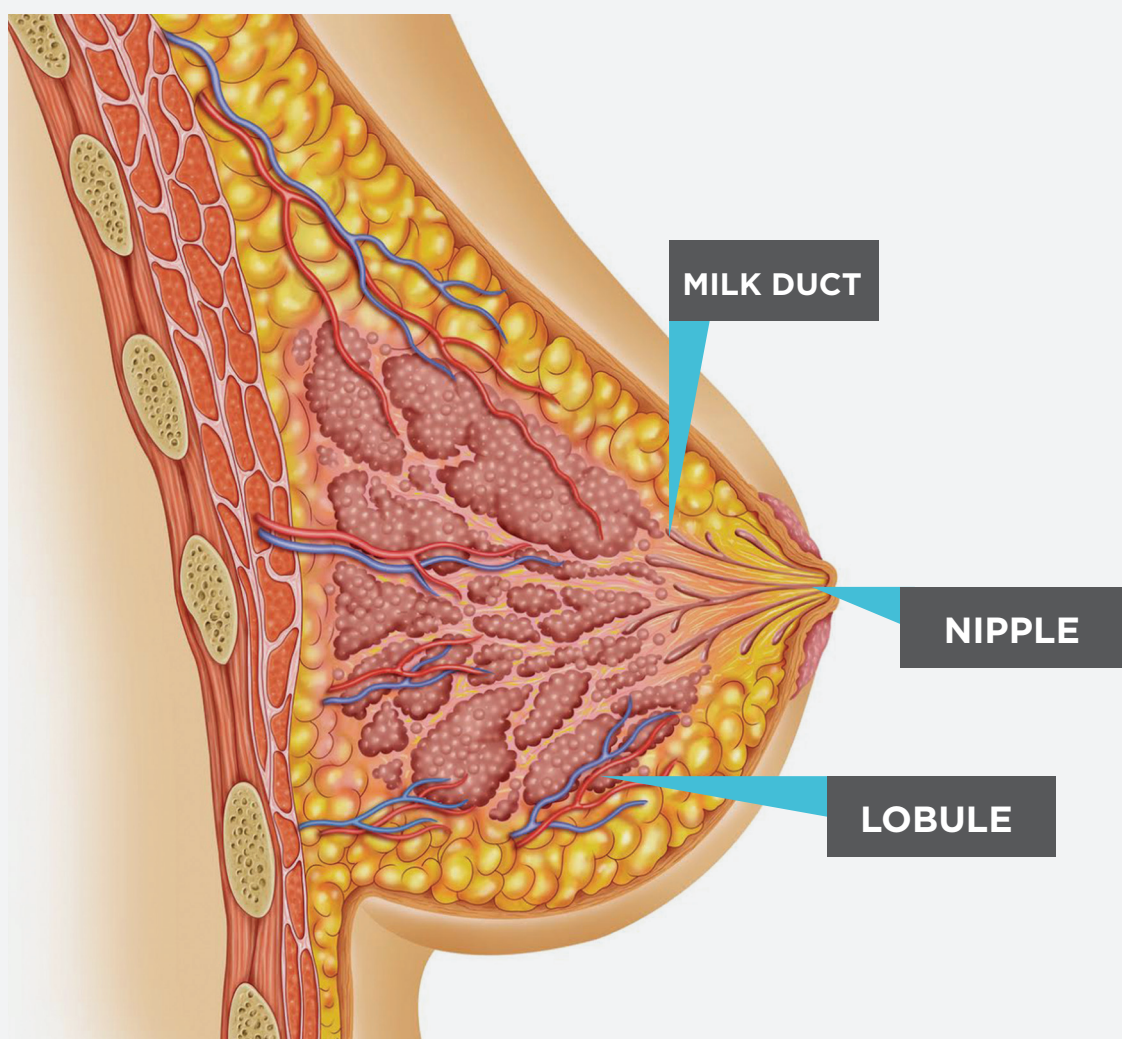
Source: New Mexico Tumor Registry 2007-2011



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER



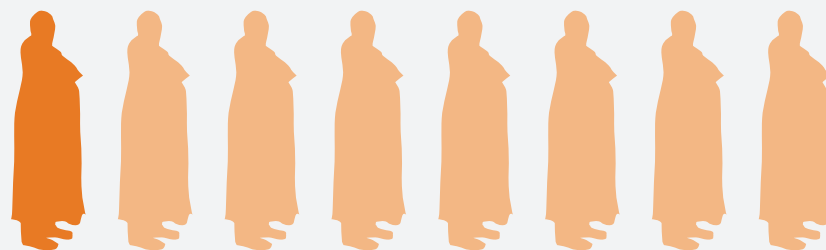
BREAST HEALTH: KNOW YOUR BODY



HOW DOES BREAST CANCER DEVELOP?

1. Most breast cancers begin in the lobules (milk glands) or the milk ducts which connect the lobules to the nipple.
2. If left undetected, breast cancer cells can spread.
3. They can travel through blood or lymph vessels to nearby lymph nodes or other places like the liver, lungs, bones and brain.

1 IN **8**



A WOMAN BORN IN THE U.S. TODAY HAS A 1 IN 8 CHANCE OF BEING DIAGNOSED WITH BREAST CANCER AT SOME TIME DURING HER LIFE

Source: National Cancer Institute

BREAST CANCER OFTEN STARTS QUIETLY,
WITH NO WARNING.
DON'T WAIT FOR SIGNS OR SYMPTOMS!



SCREENING/EARLY DETECTION

93-100% **SURVIVAL** IN EARLY STAGES

Source: National Cancer Institute

Breast Cancer Screening Guidelines:

AVERAGE RISK WOMEN mammogram every 2 years from age 50-74

HIGH RISK WOMEN if you have a family/personal history of breast cancer or certain genetic conditions - talk with your provider



THE BEST PROTECTION AGAINST BREAST CANCER IS EARLY DETECTION.

Source: U.S. Preventive Services Task Force

1 IN 3

BREAST CANCERS DIAGNOSED AMONG AMERICAN INDIAN WOMEN IN NEW MEXICO ARE DIAGNOSED AT LATE STAGES

Source: New Mexico Tumor Registry 2000-2009

50 

ALL AVERAGE-RISK AMERICAN INDIAN WOMEN SHOULD BEGIN MAMMOGRAMS AT AGE 50

ONLY 54%

OF AMERICAN INDIAN WOMEN IN THE INDIAN HEALTH SERVICE ALBUQUERQUE AREA HAD A MAMMOGRAM WITHIN THE PAST TWO YEARS

Source: IHS GPRA report 2013



HOW TO PROTECT YOURSELF FROM BREAST CANCER

KNOW

YOUR RISK

- Learn about your family history of breast cancer
- Talk to your health care provider about your personal risk of breast cancer

GET

SCREENED

- Have a mammogram every 2 years from age 50-74 if you are at average risk
- talk with your health care provider if you are at higher risk

MAKE

HEALTHY CHOICES

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit postmenopausal hormone use
- Breastfeed, if you can

BE

AWARE

- Of any changes in your breasts such as lumps, skin changes or nipple discharge
- See a health care provider as soon as possible if changes are detected

Source: National Cancer Institute

HELPFUL RESOURCES

National Cancer Institute
www.cancer.gov
 1-800-4-CANCER

American Cancer Society
www.cancer.org
 1-800-227-2345

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/cancer/breast/>

Susan G. Komen Foundation
<http://www5.komen.org/>

New Mexico Department of Health
<http://cancernm.org/bcc/>

