

Breast Cancer in Nevada - 2018

2,180

estimated new cases in Nevada this year

390

estimated deaths in Nevada this year

Screening for Breast Cancer

Screening for breast cancer means looking for signs of breast cancer in all women of a certain age or with certain risk factors, even if they have no symptoms. Screening can help find cancers earlier when they're easiest to treat.



A **Clinical Breast Exam** is when a doctor or nurse feels the breast and under the arms for lumps or anything else unusual.



A **Screening Mammogram** is an x-ray picture of the breast. Newer 3D mammograms take many pictures of the breast to recreate a 3D picture of the breast, and may provide a clearer image of masses in dense breast tissue.



A **Diagnostic Mammogram** is used when there are unusual signs or symptoms in the breast, such as a lump, or if a screening mammogram shows abnormal results. Need for a diagnostic mammogram doesn't mean a woman has breast cancer, just that more images are needed.



Women should talk to their health care provider about their family history and personal risk for breast cancer and when to begin screening. Most women begin screening at age 40.



Breast cancer screening rates in Nevada have been steadily declining since 2000. Just 67% of women 40 or older received a mammogram within the past 2 years.

We need to do better.

Nevada's Women's Health Connection program provides breast cancer screening, diagnostics, and Medicaid treatment to low-income women who are uninsured or under-insured. Call 844-469-4934 for more information.



Some Risk Factors

- Being a woman.
- Getting older. Most breast cancers are diagnosed after age 50.
- Personal or family history of breast cancer.
- Having dense breast tissue.
- Genetic mutation such as BRCA1 or BRCA2.
- Physical inactivity, drinking alcohol.
- Being overweight or obese after menopause.
- History of radiation therapy to the chest before age 40.
- First menstruation before age 12.
- Giving birth for the first time after age 30 or never giving birth.

Signs & Symptoms

Women should talk to a health care provider if they experience any of the following signs or symptoms:

- A lump or pain in the breast.
- Thickening or swelling in part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- A change in the size or shape of the breast.
- Fluid other than breast milk from the nipple, especially blood.



Data Sources: American Cancer Society Cancer Facts & Figures, 2018; Behavioral Risk Factor Surveillance System, 2016; Centers for Disease Control & Prevention.

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