



Where the end of breast cancer begins.™



## THE 2019 PROMISE FROM THE PULPIT

*This document includes updated figures for 2019.*

---

**Our Bold Goal:** *to reduce the current number of breast cancer deaths by 50% in the US by 2026.*

**Our Mission** *is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.*

---

**Sharing the Promise:** *The information below is intended as suggested talking points. Please use those points that are appropriate for your audience. Sources for US statistics can be found online at <http://www5.komen.org/> and [https://cancerstatisticscenter.cancer.org/?\\_ga=1.39882528.308279957.14561531](https://cancerstatisticscenter.cancer.org/?_ga=1.39882528.308279957.14561531).*

*Additional information about Susan G. Komen South Carolina and SC breast cancer statistics can be found in the 2015 Komen Community Profiles available online at [www.komensouthcarolina.org](http://www.komensouthcarolina.org).*

---

### FAST FACTS

#### About Susan G. Komen South Carolina

- Our goal is to reduce the current number of breast cancer deaths by 50% in the US by 2026
- Komen SC serves 45 counties in SC, including yours
- Komen SC has invested more than \$11 million in community grants providing free and low cost breast cancer services
- Komen SC supports research to find the cures and better screening methods
- Komen SC connects people with the resources they need for fighting breast cancer.
- 75% of all funds raised here stays here to support mission programs in SC. Programs like Worship in Pink and Komen SC's Community Ambassador program are funded by your donations. The remaining 25% supports breast cancer research.

#### About Breast Cancer

- Most women with breast cancer have no family history of the disease.
- The most common risk factors for breast cancer are being a women and getting older.
- Breast cancer is the leading cause of cancer death for young women (20-59) in the U.S.
- Men can get breast cancer, too.
- We do not know the causes of breast cancer but we do know ways to reduce personal risk of the disease.
- There are risk factors that we can control with lifestyle changes.

#### Breast Cancer in South Carolina

- SC has a higher incidence rate of breast cancer and deaths from breast cancer than the US average.
- In SC, approximately 3,845 women will be diagnosed with breast cancer each year.
- Approximately 678 South Carolinians die from breast cancer each year.



## Breast Cancer in the U.S.

- In 2019, about 268,600 new cases of invasive breast cancer will be diagnosed in women and 2,670 cases will be diagnosed in men.
- In 2019, about 41,760 women and 500 men are expected to die of breast cancer in the US.
- Each day, about 637 cases of breast cancer are diagnosed in the US.
- There are over 3.5 million breast cancer survivors in the U.S. today.
- Early detection and effective treatment have resulted in a decline in breast cancer deaths in the U.S. From 1989 to 2012, breast cancer mortality decreased by 39 percent.

## Breast Cancer in African American Women

- Breast cancer mortality is about 40 percent higher in African-American women than in white women.
- Black women tend to have **poorer survival rates** than women from other racial and ethnic groups in the U.S. Studies have found that they often have aggressive tumors with a poorer prognosis (chance for recovery).
- There are many **possible reasons** for this difference in survival including:
  - Biologic and genetic differences in tumors
  - Prevalence of risk factors
  - Barriers to health care access
  - Health behaviors
  - Later stage of breast cancer at diagnosis
- **In young women** under 40, the incidence of breast cancer is higher among African American women than white women.

## Breast Cancer in Hispanic/Latina Women

- Breast cancer is the leading cause of cancer deaths among Hispanic/Latina women.
- Hispanic/Latina women are more likely than white women to be diagnosed with late stage breast cancers.
- Hispanic/Latina women also tend to have larger tumors than white women.

## WHERE TO FIND HELP



**Komen South Carolina** provides **community health grants** and **resources for financial aid** including free and low-cost breast cancer screening, diagnostic and treatment support .

Call **843-556-8011** or **864-234-5035** or go online [www.komensouthcarolina.org](http://www.komensouthcarolina.org).





Where the end of breast cancer begins.™

## Reduce Your Risk

You can do things that are good for your health that may lower your risk of getting breast cancer.

### 1. Maintain a healthy weight

- Being overweight after menopause increases the risk of breast cancer.
- Weight gain of 20 pounds or more after the age of 18 may increase your risk of breast cancer.
- If you have gained weight, losing weight may lower your risk of breast cancer.

### 2. Add exercise to your routine:

Physical activity not only burns energy (calories), but may help lower your risk of breast cancer. (This benefit is seen most clearly in women after menopause.) Exercise fights obesity and may lower estrogen levels. It may also boost the immune system so that it can help kill or slow the growth of cancer cells. Here is all it takes to get started:

- Include physical activity in your daily routine. All you need is moderate (where you break a sweat) activity — like brisk walking for 30 minutes a day.
- Do whatever physical activity you enjoy most and gets you moving.
- After exercising, think about how good you feel. Use that feeling to motivate you the next time.
  - If you are already physically active, keep up the good work.

#### **Before you start an exercise program, see a doctor if you:**

- Have been inactive for a long time
- Are overweight
- Have a high risk of heart disease
- Have a high risk of or have other chronic health problems

### 3. Limit alcohol intake-

You may have heard about research that showed having a glass of red wine each day reduces your risk of heart disease.

- Many studies have also shown that drinking alcohol increases the risk of breast cancer.
- The more alcohol you drink, the higher your risk of breast cancer.
- If you drink alcohol, have less than one drink a day.

### 4. Limit postmenopausal hormones-

For each year that combined estrogen plus progestin hormones are taken, the risk of breast cancer goes up. Once they are stopped, in about 5 to 10 years, this increased risk returns to that of a woman who has never used hormones.

- Menopausal hormones also increase the risk of ovarian cancer and other health problems.
- Talk to a doctor about the risks and benefits.

### 5. Breastfeed, if you can

- Breastfeeding protects against breast cancer, especially in premenopausal women.

## BREAST SELF AWARENESS MESSAGES

1. **KNOW YOUR RISK** by learning about your family health history and talking to your health care provider about your own personal risk.
2. **GET SCREENED:** Talk with your doctor about your personal risk factors and which screening tests are right for you.
3. **KNOW WHAT IS NORMAL FOR YOU:** Know how your breasts look and feel and report any changes to your health care provider.
4. **MAKE HEALTHY LIFESTYLE CHOICES** such as exercising and limiting alcohol that may reduce your risk of breast cancer.

