



# October Know Your Numbers

Your Helpful Reference

## Women 40 and older should have mammograms every 1 or 2 years.

### Did you know...

**1 in 8 women in the U.S. will develop breast cancer in their lifetime.<sup>1</sup>** This is equivalent to approximately 13% of the female population in the U.S. **In 2023, an estimated 297,790 new cases of invasive breast cancer will be diagnosed in women in the U.S.,** as well as 55,720 new cases of non-invasive (in situ) breast cancer.<sup>1</sup>

**It is estimated in 2023 approximately 30% of all new female cancer diagnoses will be breast cancer.<sup>1</sup>** Approximately 15% of women diagnosed have a family history of breast cancer. Those with a first-degree relative (mother, sister, daughter) with breast cancer are nearly twice as likely to develop breast cancer themselves.<sup>3</sup>

**Breast cancer death rates have slowly decreased since 1989, for an overall decline of 43% through 2020.** This is in part due to better screening and early detection efforts, increased awareness, and continually improving treatment options.<sup>1</sup>

Although rare, men get breast cancer too. **In 2023, an estimated 2,800 men will be diagnosed with invasive breast cancer in the United States.<sup>1</sup>** The lifetime risk of a U.S. man developing breast cancer is about 1 in 833.<sup>1</sup>

### **Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional about the frequency of Mammograms**

Adult women of all ages are encouraged to perform breast self-exams at least once a month:

- 40% of diagnosed breast cancers are detected by women who feel a lump.
- For women still menstruating a breast self-exam should be performed a few days after her period ends.
- For those who are post-menopausal a breast self-exam should be performed on the same day of each month, such as the 1st or 15th day of the month.

<sup>1</sup> American Cancer Society (cancer.org)  
<sup>2</sup> National Cancer Institute (cancer.gov)  
<sup>3</sup> BreastCancer.org (breastcancer.org)

**Talk to Our Pharmacists For More Information**  
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