

BREAST CANCER: PUERTO RICO, 2013-2017



Breast cancer originates when cells in the breast begin to grow out of control. These cells form a tumor that can often be seen on an x-ray or can be felt like a bump.

Risk Factors



Overweight or obese



Physical inactivity



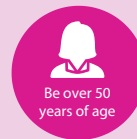
Family history of breast cancer



Having children after age 30 or never having had



Daily alcohol consumption



Be over 50 years of age



Based on data from period 2013-2017,

1 in 10 women

that is born today in Puerto Rico,

could develop breast cancer in her lifetime.

9,890 new cases
2,193 death



From 2000 to 2017 it was observed an increase of 1.5% per year in the incidence of breast cancer in women.



During the period 2013-2017, breast cancer was the most diagnosed and the first cause of cancer death in women in Puerto Rico.

Signs and Symptoms

In early stages, breast cancer does not produce signs or symptoms. In advanced stages it could present:



- Lump or mass in the breast
- Change in breast size and shape
- Nipple retraction
- Nipple or breast skin red, dry, flaking or thickened
- Pain
- Any change in the breast area

Incidence
Mortality

93.9
18.0



37% of new cases of breast cancer are diagnosed in the 65-79-year age group.

36% of breast cancer deaths were in the 65-79-year age group.

Early Detection

USPSTF Guide



Mammography is the best tool for the early detection of breast cancer.

Women 40 to 49 years of age have the option of initiating mammography if they have discussed the benefits and risks with their doctor that involves doing it at these ages.

Women ages 50 to 74 should have a mammogram every two years.

Practice Good Habits

Exercise



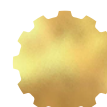
Limit or avoid alcohol consumption



Maintain a healthy weight



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Reference:

García-Vázquez SE, Torres-Cintrón CR, Alvarado-Ortiz M, Zavala D, Tortolero-Luna G, Salgado O, Ortiz AP. (rev. 2020). Cáncer de mama: Puerto Rico, 2013-2017. Registro Central de Cáncer de Puerto Rico, Centro Comprensivo de Cáncer, Universidad de Puerto Rico. Este trabajo es apoyado por una propuesta federal del Programa Nacional de Registros de Cáncer (NPCR #6 NU58DP006318).