

# Breast Cancer Basics and What You Need to Know About Screening

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**“1 in 8” women will get breast cancer- if we live till age 90**

Age	Odds
20	1 in 1,732
30	1 in 228
40	1 in 69
50	1 in 43
60	1 in 29
70	1 in 26

What are your odds of developing invasive breast cancer in the next 10 years?

# Risk factors for breast cancer

## Factors you cannot control

- ▶ Genetic Mutation
- ▶ Chest Wall Radiation
- ▶ Dense Breast Tissue
- ▶ Ashkenazi Ancestry
- ▶ Family History
- ▶ Previous Atypical Cells
- ▶ Early Menstruation
- ▶ Late Menopause
- ▶ No children

## Factors you can control

- ▶ Combined hormone therapy
- ▶ Dietary: fat
- ▶ Alcohol consumption
- ▶ Lack of exercise
- ▶ Smoking
- ▶ Excess body weight

# New alcohol guidelines: less is best

- ▶ The Canadian Centre on Substance Use and Addiction (CCSA) issued new guidelines
- ▶ Thousands of studies in last decade link even small amounts of alcohol to several types of cancer
- ▶ The new recommendations lay out a continuum of risk: more than two drinks a week is risky.
- ▶ 3 - 6 drinks per week increases risk of developing cancers, including colorectal and breast
- ▶ More than 7 drinks per week also increases risk of heart disease and stroke.





# Prevention



- ▶ **68%** of breast cancers **PREVENTABLE** if a healthy lifestyle started in CHILDHOOD
- ▶ **50%** of breast cancers **PREVENTABLE** if a healthy lifestyle started in MIDLIFE
- ▶ **20% LOWER RISK** by walking 30 minutes each day
- ▶ **10% LOWER RISK** if an overweight woman loses 10 lbs
- ▶ **50% LOWER RISK** if an overweight woman loses 20 lbs

## 85% of breast cancers occur in women without a family history

- ▶ A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.
- ▶ Less than 15% of women who get breast cancer have a family member diagnosed with it.





Myth:  
Breast cancer  
always causes a  
lump you can feel

# What breast cancer can look + feel like:



Notice something? Some changes are normal.  
But if the change doesn't go away, be smart and show your doctor.

# Breast self-examination

<https://www.youtube.com/watch?v=Lib0q4zdutk>

<https://www.youtube.com/shorts/bL0BR7i35Z0>





# Why do we screen for cancer?

- ▶ To find cancer as early as possible, often years before it's big enough to feel or see
- ▶ To save lives by finding and treating the disease earlier
- ▶ When cancer is found earlier, women can often be successfully treated with less aggressive therapy

# Early detection impacts survival

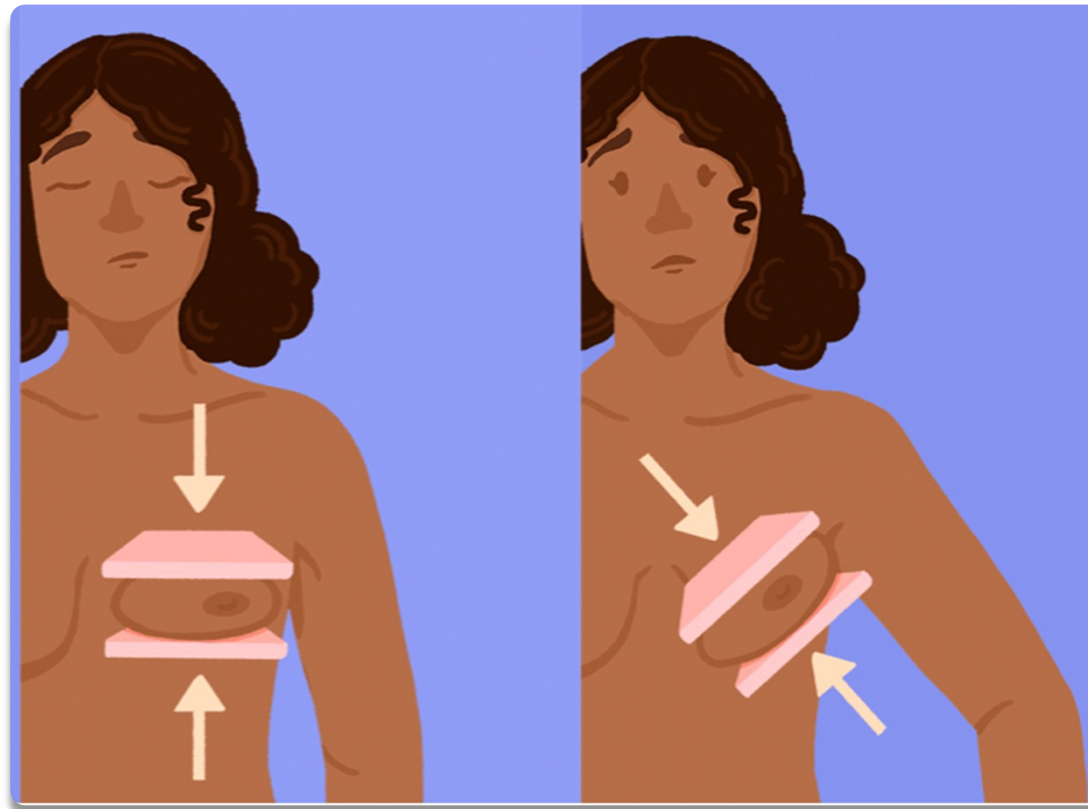
**Stage 1:**  
**99.8 %**

Five-year survival rate

**Stage 4:**  
**23.2 %**

Five-year survival rate

# What to expect during a mammogram

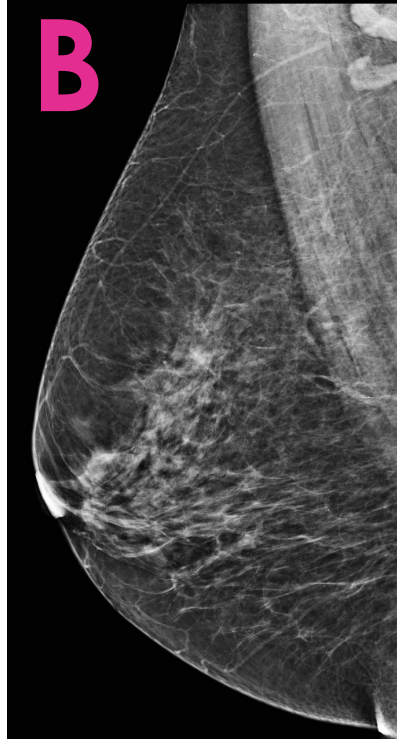




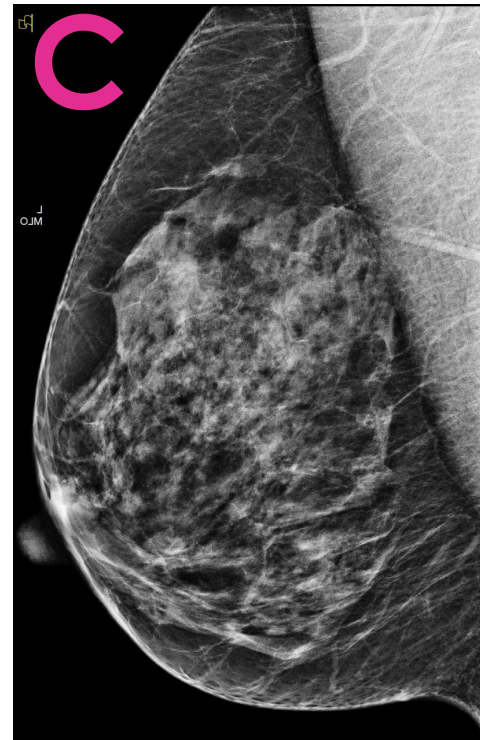
# BI-RADS density categories



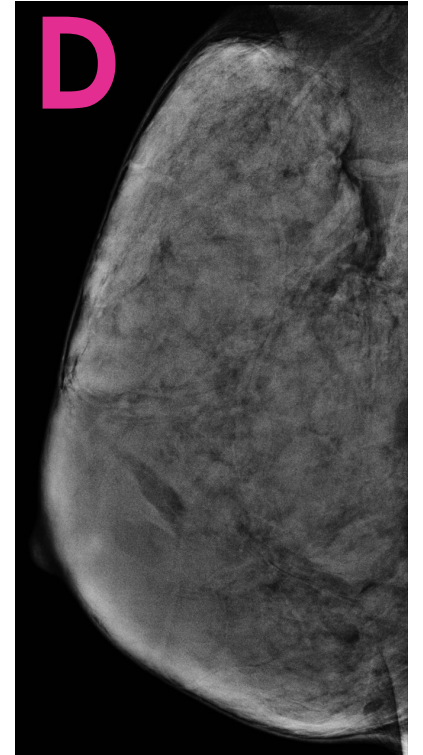
Fatty



Scattered  
Densities

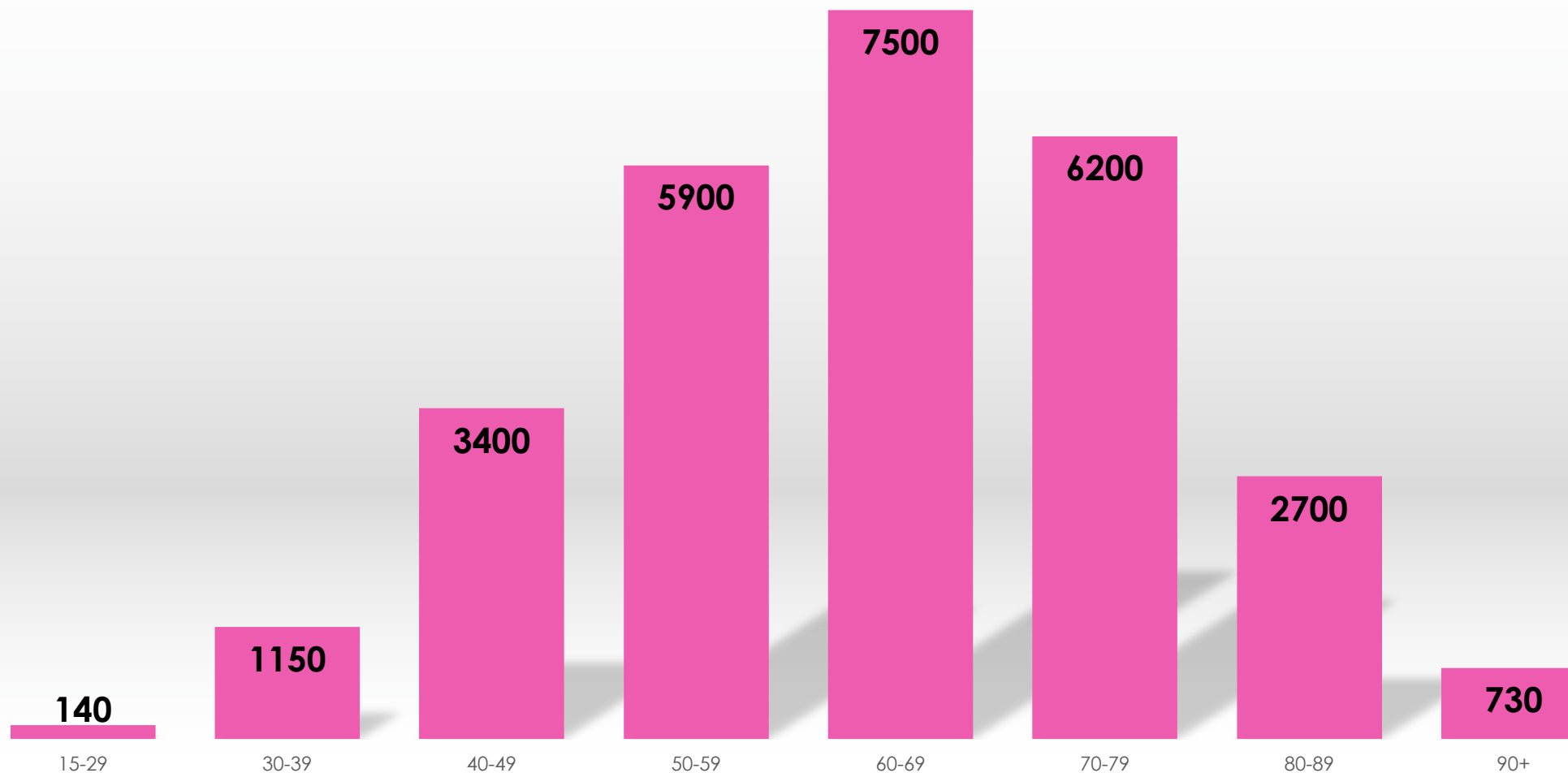


Heterogeneously  
Dense



Extremely Dense

## Breast Cancer Incidence in Canada by Decade



# Resources

- ▶ **Dense Breasts Canada** [Densebreastscanada.ca](https://densebreastscanada.ca)
- ▶ **My Breast Screening** [Mybreastscreening.ca](https://mybreastscreening.ca)
- ▶ **Guide to Breast Screening in Canada** <https://mybreastscreening.ca/wp-content/uploads/2021/09/Guide-to-Screening-in-Canada.pdf>
- ▶ **Self-Advocacy Guide** <https://densebreastscanada.ca/wp-content/uploads/2022/09/Advocacy-Toolkit.pdf>
- ▶ **How to examine your breasts by Dr. Liz O’Riordan** <https://www.youtube.com/watch?v=Lib0q4zdutk>
- ▶ **Know Your Lemons App** [Knowyourlemons.org](https://knowyourlemons.org)
- ▶ **Risk Calculator** <https://ibis.ikonopedia.com/>