

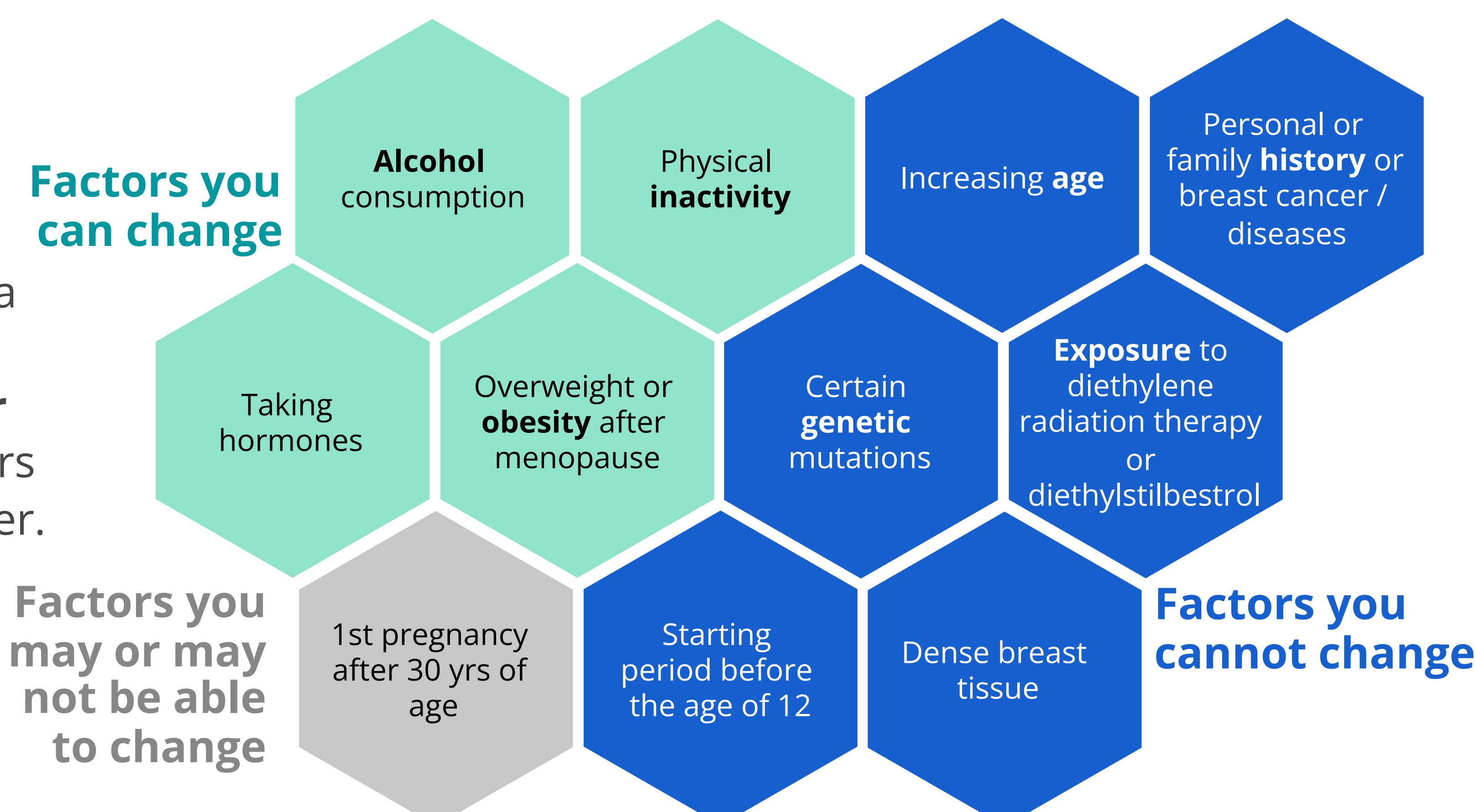
Female Breast Cancer in Tennessee

Know The Facts

Understand Your Risk

Risk Factors

Cancer usually occurs from a combination of several factors. You have the **power to reduce** certain risk factors that can lead to breast cancer.



Awareness is Key

Symptoms

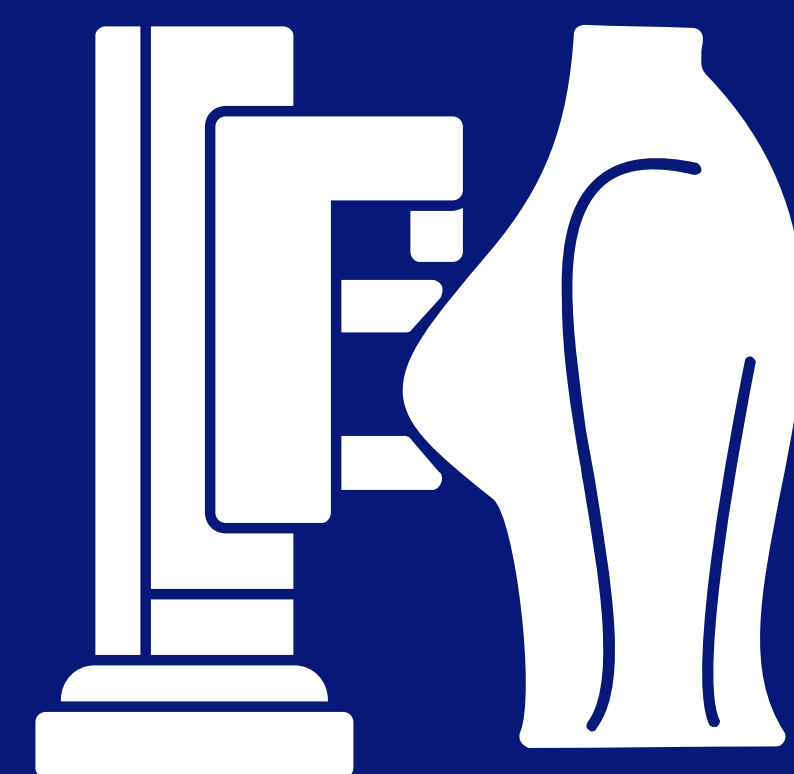


Look out for the following symptoms that may occur on or around the breasts, armpits, or nipples:

- Swelling
- Pulling in at the nipple
- Redness
- Discharge
- Pain
- Skin changes
- Irritation
- New lump
- Changes in size or shape

Early Detection is Crucial

Screening



A **mammogram** is currently the best screening method for most women.

Other methods include having **breast self-awareness** and having a **clinical breast exam** to check for abnormalities in women with average risk. A **breast MRI** is commonly used alongside mammograms for women with higher risk.

Women aged

40 to 74

are recommended to get screening for breast cancer once **every 2 years**.

*Screening recommendations are from the U.S. Preventative Services Task Force. There are competing screening recommendations.

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Know The Stats

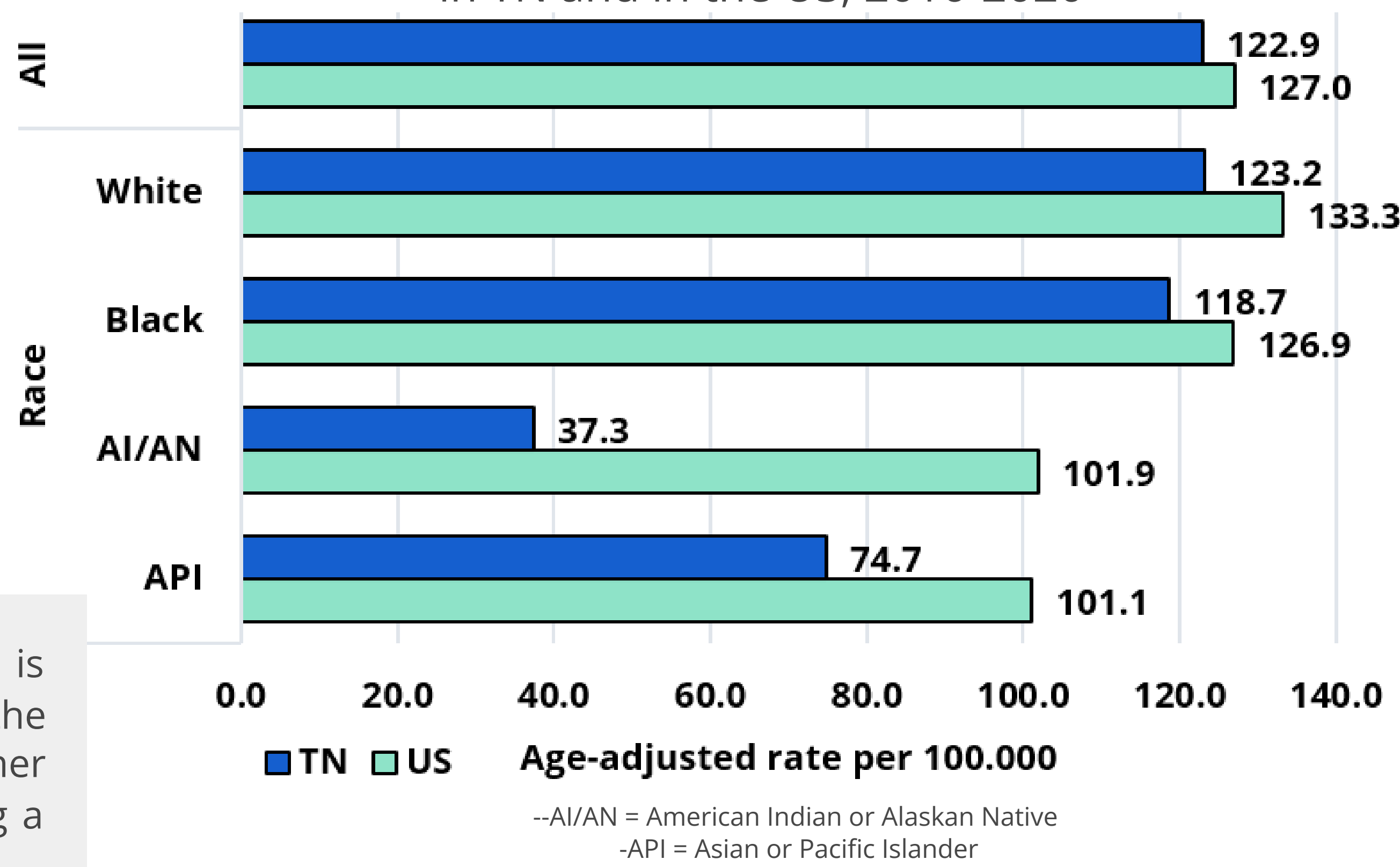
Occurrence in TN and in the US

Incidence

From 2016 to 2020, the incidence rate for female breast cancer in TN was **Less than** the US rate as a whole, and TN ranked **37th highest** in the nation.

The TN incidence rate is lower than the US while the TN mortality rate is higher than the US, emphasizing a need for early detection.

Female Breast Cancer Age-Adjusted Incidence Rates by Race in TN and in the US, 2016-2020



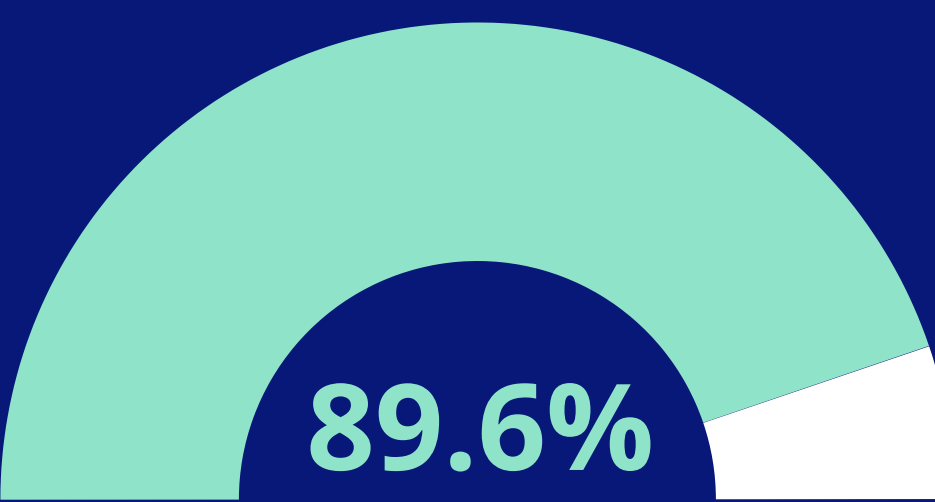
Deaths in TN and in the US

Mortality

From 2016 to 2020, the mortality rate for female breast cancer in TN was **Higher than** the US rate as a whole, and TN ranked **6th highest** in the nation.

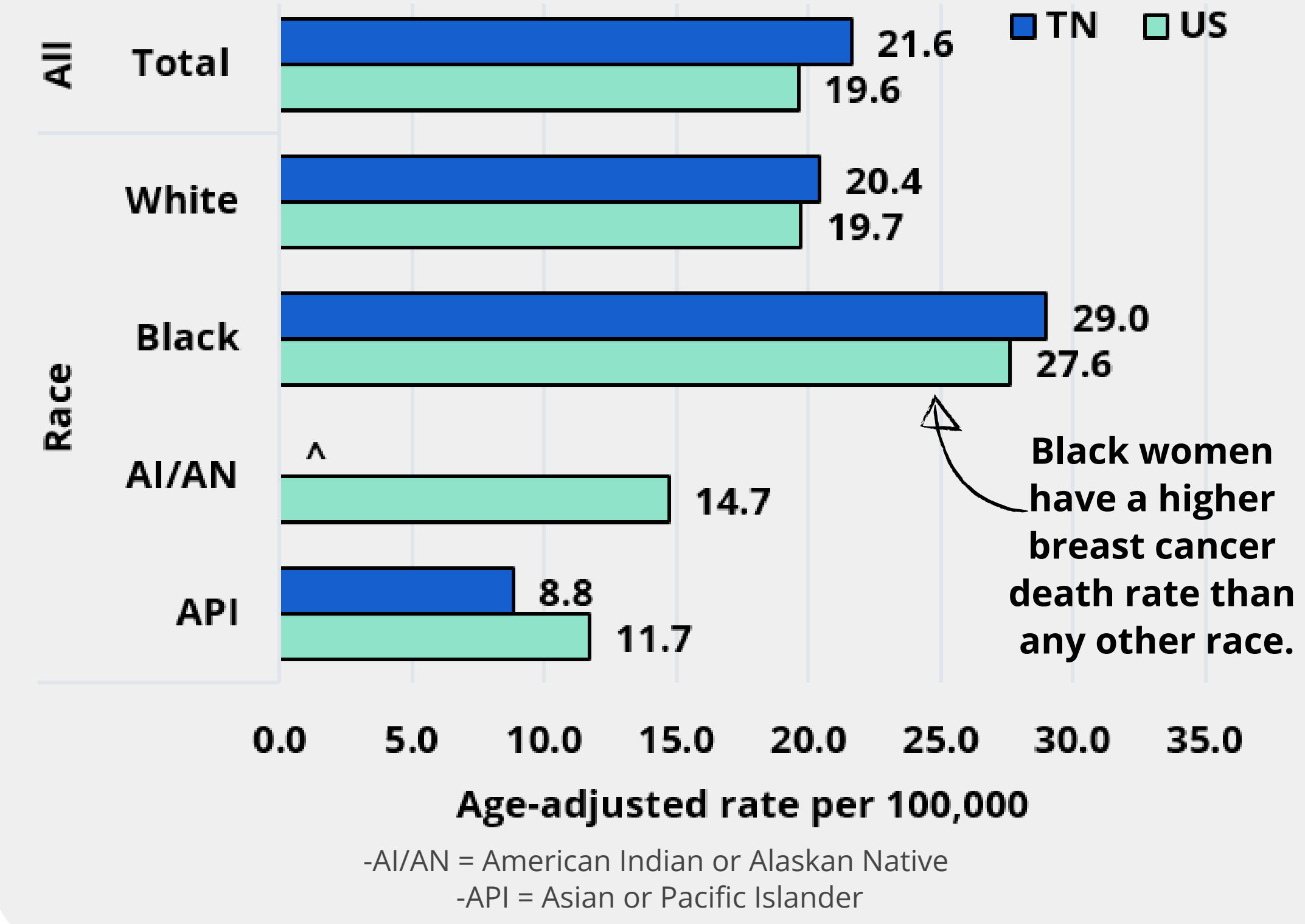
Early Diagnosis is Crucial

Survival & Staging

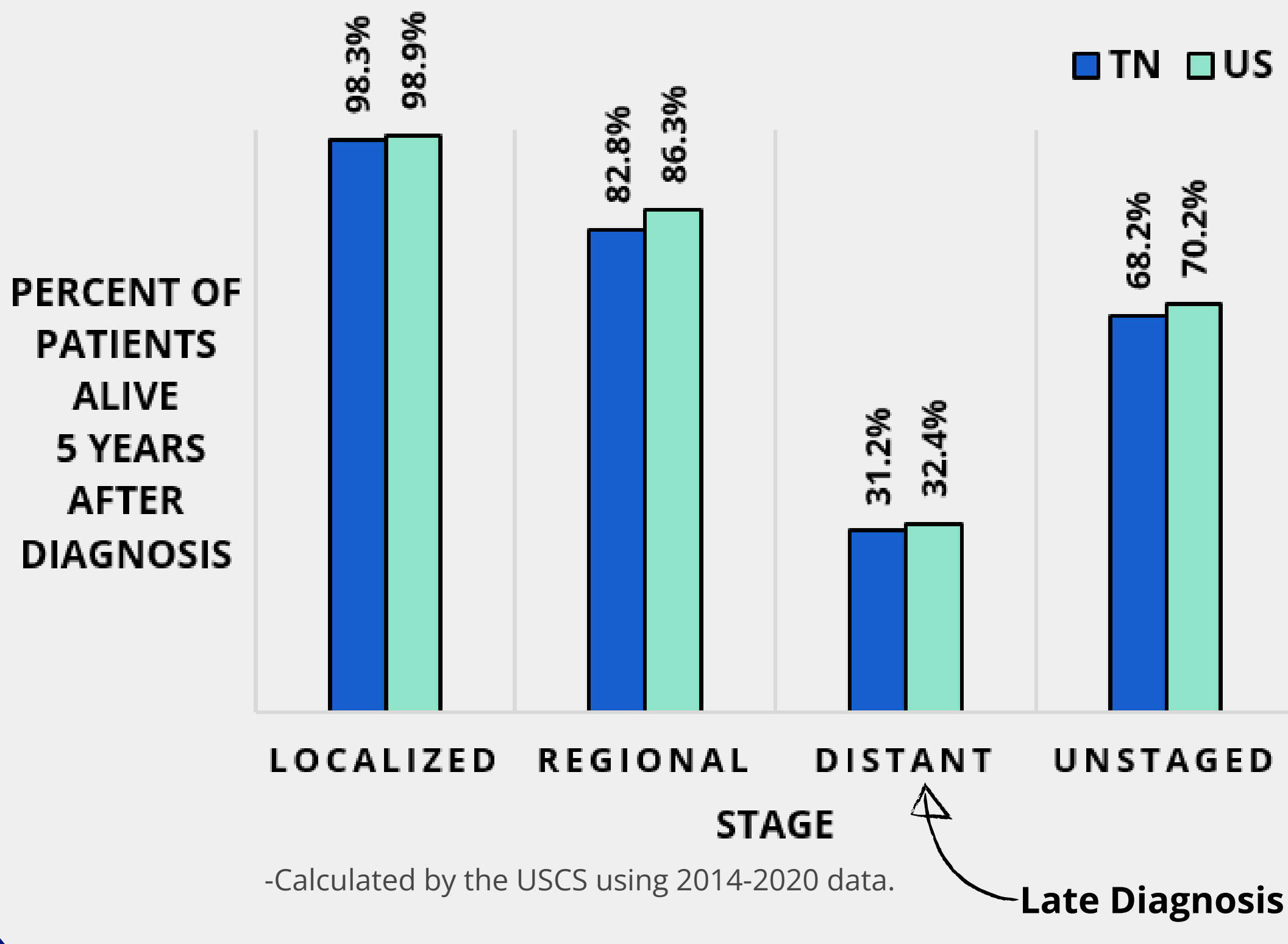


89.6% of TN women with breast cancer are expected to be alive 5 years after diagnosis compared to **91.0%** of US women with breast cancer.

Female Breast Cancer Age-Adjusted Mortality Rates by Race in TN and in the US, 2016-2020



Relative 5-Year Survival by Stage at Diagnosis in TN and in the US



-Data Sources: TN incidence and mortality data are from the Tennessee Cancer Registry (TCR). US incidence and mortality data are from the United States Cancer Statistics (USCS) website. State rankings are from National Cancer Institute's (NCI) State Cancer Profiles website. Staging and Survival data are from the USCS website. Risk factors, symptoms, and screening information are from the American Cancer Society (ACS). -Notes: Data include malignant female breast cancer cases only. Rates are age-adjusted to the 2000 US standard population (19 age groups - Census P25-1130). ^Data with counts fewer than 11 were suppressed.