



What Every Woman Needs To Know About Breast Cancer

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October 2, 2024

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You or someone you know is likely to get **breast cancer...**

#1

most common
cancer in women
(non-skin)

1 in 8

women will
develop breast
cancer

75%

of women who
develop breast
cancer have no
family history

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...but catching breast cancer early can **improve your outcome.**

Screening is important! All women should get these screenings.

Risk Assessment	Mammogram
When: Your 30s See: Your primary care provider What: Medical and family history, breast density assessment, genetic testing discussion Why: Understand if you're at higher risk for breast cancer and if you should take medication or have more advanced screening	When: Yearly, starting at age 40 See: One of MetroHealth's six screening locations or our mobile coach What: Advanced, 3D imaging to detect cancer Why: Catching cancer early—through a yearly mammogram—makes it more treatable

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While anyone can get breast cancer, there are **specific risk factors.**

Common Risk Factors Include:

- Age
- Alcohol use
- Breast Density
- Family/Personal History
- Race and Ethnicity
- Genetic Mutation: BRCA1, BRCA2, etc.
- Hormone Replacement (Estrogen)
- Smoking
- Weight Gain



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Myth: Having a mammogram each year means I won't get breast cancer.

Fact: Mammograms are for detecting cancer early, not preventing it.

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Myth: Mammograms can cause cancer—or cause it to spread.

Fact: The radiation used in mammography is very low. The compression on your breast during the mammogram does not cause cancer to spread.

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Myth: No one in my family has had breast cancer, so I won't get it.

Fact: 75% of women who get breast cancer have no family history. That's why screening is so important for every woman.

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Women with dense breasts need **additional screening.**

Automated breast ultrasound (ABUS)

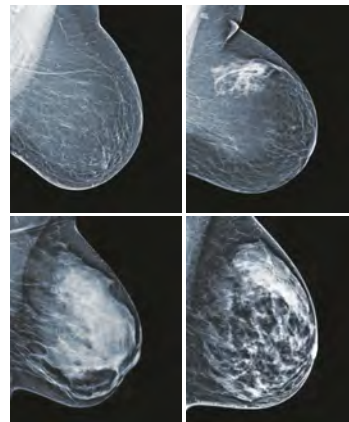
Who: Women with dense breasts (determined in risk assessment with primary care provider)

When: Yearly, starting at age 40

See: MetroHealth Center for Breast Health

What: Uses sound waves to produce 3D images of the breast

Why: Dense breast tissue makes imaging more difficult, and ABUS can detect 30% more cancer than mammography alone



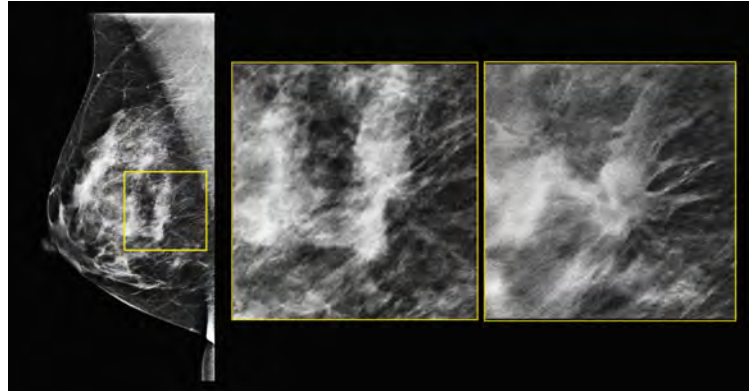
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Women at **higher risk** may need additional screening.

Breast MRI

Why: Provide detailed images of the breast

When: Every year for high risk women, along with a mammogram



Diagnosing breast cancer helps us **treat it.**

Two main diagnostic tests:

Diagnostic Mammogram

Why: Evaluate a specific area after an abnormal screening mammogram

When: With symptoms (lump, nipple discharge, skin changes)

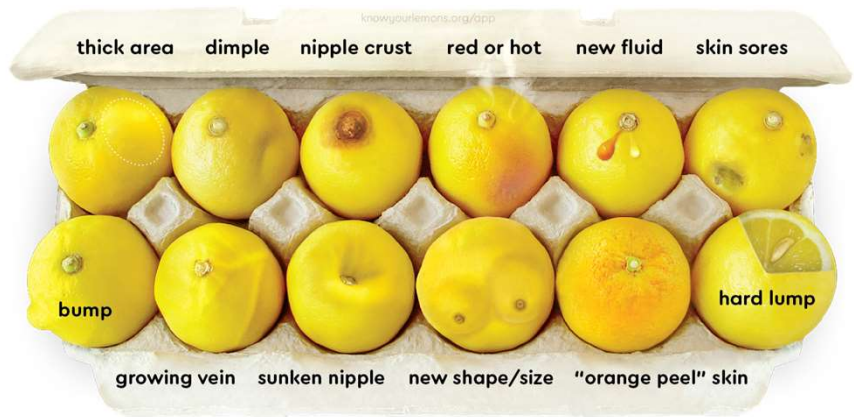
Breast Ultrasound

Why: Get a closer look at a mass, to see if it's filled with fluid or solid

When: A mass is detected

Listen to your #breastfriend.

If your friend complains about any of the following symptoms, encourage them to speak to their provider.



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Myth: If I have breast cancer, I'll feel a lump.

Fact: Some women never have symptoms. Other women never feel a lump but have symptoms like irritation, swelling, redness or discharge. Screening is important!

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All women need to encourage their #breastfriend to get screened.

We need a movement among Black women.

Breast cancer & Black women:

- Higher rate of more aggressive forms
- Tend to develop breast cancer earlier
- Highest mortality



Treatment: Hope after diagnosis

Many factors go into determining your course of treatment for breast cancer. You may have several different options or combinations, depending on the type of cancer and the stage of diagnosis. This may include:

- Surgery
- Chemotherapy (including immunotherapy and targeted therapies)
- Radiation therapy
- Endocrine therapy
- Clinical trials

Treatment: Hope after diagnosis

Surgery is an important part of the multidisciplinary treatment of breast cancer. Many women are scared of their cancer diagnosis because they think they will need a mastectomy. Not everyone does, though. Other options include:

- Breast-conserving surgery
- Skin-sparing and nipple-sparing mastectomy
- Partial and full mastectomy
- Oncoplastic breast surgery
- Sentinel lymph node biopsy
- Reconstructive surgery
- Cryoablation



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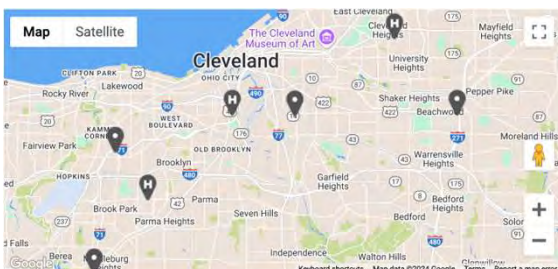
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Community matters. Start by getting screened with your #breastfriend.

Screening Locations

Call 216-957-BRST to schedule.



Mobile Mammography

Call 216-957-8848 for appointments and locations.



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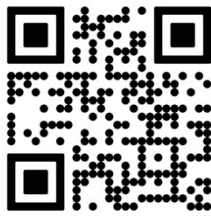
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MetroHealth is here to help.

MetroHealth Center for Breast Health

216-957-BRST (2778)



metrohealth.org/cancer/breast-cancer

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Your Questions:

I need a mammogram, but I don't have insurance. Can I still get one?

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Your Questions:

My breasts can feel different during my menstrual cycle. When should you be concerned when you feel a lump if you're getting annual mammograms?

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ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org.**

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