



A CUP OF HEALTH WITH CDC

Timing is Everything with Breast Cancer

National Breast Cancer Awareness Month — October, 2011

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Nearly everyone knows someone who has been affected by breast cancer. That's because breast cancer is the most common form of cancer among women. In the United States, it's the second-leading cause of cancer-related death in women.

Dr. Lisa Richardson is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of getting screened for breast cancer. Welcome to the show, Lisa.

[Dr. Richardson] Thank you, Bob.

[Dr. Gaynes] Lisa, how many women are diagnosed with breast cancer each year?

[Dr. Richardson] Approximately 200,000 women are diagnosed with breast cancer in the United States each year. There are also approximately 40,000 deaths from this disease.

[Dr. Gaynes] Is a woman more likely to get breast cancer if someone in her family has had the disease?

[Dr. Richardson] Yes. Family history is an important risk factor for developing breast cancer. The closer the relative, the greater the risk.

[Dr. Gaynes] How is breast cancer detected?

[Dr. Richardson] The most effective method for detecting breast cancer is mammography. Breast cancer can be found up to three years the cancer can be felt.

[Dr. Gaynes] Lisa, when and how often should a woman get a mammogram?

[Dr. Richardson] Women should start getting mammograms between the ages of 50 and 74. They should receive a mammogram every two years. For women who are between 40 and 49, they should talk to their health care provider about when to start screening.

[Dr. Gaynes] Are there ways that a woman can decrease her chances of getting breast cancer?

[Dr. Richardson] Yes. Good health habits are key to preventing breast cancer. Lifestyle-related factors, such as limiting alcohol intake, increasing physical activity, and maintaining a normal weight have been shown to decrease the risk of breast cancer.

[Dr. Gaynes] Where can listeners get more information about breast cancer?

[Dr. Richardson] Listeners can go to www.cdc.gov/cancer.

[Dr. Gaynes] Thanks, Lisa. I've been talking today with CDC's Dr. Lisa Richardson about the importance of getting screened for breast cancer.

Remember, mammography is the most effective way to detect breast cancer. It can find potentially cancerous lumps up to three years before they can be felt by self-examination or a clinical exam. If you're over 50, get a mammogram every two years. If you're under 50, check with your health care provider about when you should start getting tested.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.