

# African-American Women & Breast Cancer

**Early detection  
is critical!**

Breast cancer is the most commonly diagnosed cancer among Black women.

**42%**

Though Black women get breast cancer at a slightly lower incidence rate than white women, Black women are **42%** more likely to die of breast cancer.

Black women under **age 35** get breast cancer at two times the rate of white women and die from breast cancer three times as often as white women.

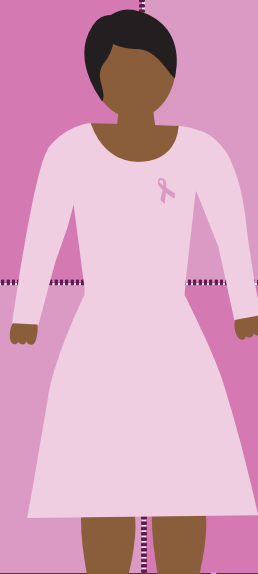
**35**

**81%**

The overall 5-year relative survival rate for breast cancer diagnosed is **81%** for black women **versus 91%** for white women.

**54%** of breast cancers in black women are diagnosed at a local stage, compared to **64%** in white women.

**54%**



## Barriers to screening & treatment

Breast Cancer **SHOULD NOT** be a death sentence so why are African American women dying?

- **FEAR** of a cancer diagnosis and often avoid screening
- **LESS ACCESS** to health care or health insurance so may have lower frequency of and longer intervals between mammograms.
- May not follow up on abnormal mammogram results because they **CAN'T AFFORD** the diagnostic testing.
- **LESS ACCESS** to the same prompt high quality treatment that white women have.

## Do you know...

- Black women diagnosed with breast cancer have more than twice the likelihood of being diagnosed with a sub-type called Triple Negative Breast Cancer. It has no therapies to prevent recurrence and it affects younger women.
- Black breast cancer survivors have a 39% higher risk for breast cancer recurrence.
- While 92% of black women agree breast health is important, only 25% have recently discussed breast health with their family, friends, or colleagues. And, only 17% have taken steps to understand their risk for breast cancer.
- Black women often take care of others at the expense of their own health.

## Know your...

### History

- **Know your history!** Talk to your family about breast cancer.
- If you have a **family history**, ask your doctor for a gene test and set up your screening regimen.
- If you don't have a **family history**, you are still at risk! Only 5% of breast cancers are hereditary!

### Normal



Talk to your doctor about mammograms

- **Know what your "normal" feels like** so you can easily recognize when something is abnormal. If you feel something abnormal, get it checked by a doctor immediately.
- African American women have dense breasts. When you get a mammogram, go to a facility that only has 3D mammography.
- If you know that something doesn't feel right or look right, and you don't feel like your doctor is giving you the attention you deserve, find another doctor. Trust your gut and advocate for yourself.

**MONTHLY BREAST  
SELF EXAMS  
can save your life!  
Check the breasts  
you love.**

**touch**  
THE BLACK BREAST  
CANCER ALLIANCE