

WELL-AHEAD



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Breast Cancer Awareness

&

Support of Woman's Health

October 31st, 2024

1pm-2pm



Welcome



AVIS RICHARD | BUREAU DIRECTOR
BUREAU OF CHRONIC DISEASE PREVENTION
AND HEALTHCARE ACCESS
Office of Public Health | Louisiana
Department of Health





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Well Ahead | Louisiana Department of Health



Female Breast Cancer

DID YOU KNOW?



2nd

leading cause of cancer death among women in Louisiana

Louisiana's rank in the US for death rate of female breast cancer

4th

Objectives

- Learn the burden of breast cancer in Louisiana.
- Learn risk factors, signs, and symptoms.
- Learn current guidance and preventive screening measures.
- Learn the services and support available for women in Louisiana (LA).

Burden in Louisiana

- Women estimated to receive a breast cancer diagnosis in 2024 – **4,230**.
- Women estimated to die from breast cancer in 2024 - **670**.
- Black/African American women in LA are more likely to be diagnosed with and die from breast cancer than White women.
- **1 in 8** women will develop breast cancer in their lifetime.
- Breast Cancer survivors since 2000 – **40,656**.

Breast Cancer Laws & Louisiana

Breast & Cervical Cancer Mortality Prevention Act of 1990

- Congress mandated the CDC to create the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) to provide **low-income, uninsured, and underserved** women access to timely breast and cervical cancer screening and diagnostic services.

Breast & Cervical Cancer Treatment and Prevention Act of 2000

- Women have access to treatment through the Louisiana Breast and Cervical Cancer (BCC) Medicaid Program
- Same benefits as regular Medicaid

Risk Factors

- Non-Routine preventative screenings
- Overweight or obesity
- Alcohol usage
- Increasing age
- Family History or Inherited Factors
- Breast or Chest Radiation
- Hormone Replacement Therapy



Signs/Symptoms

- New lump in breast or underarm (armpit)
- Redness or flaky skin in the nipple area or breast
- Thickening or swelling of part of the breast
- Skin irritation or dimpling
- Pain in any area of the breast
- Any change in the size or shape of the breast
- Pulling in of the nipple area or breast
- Nipple discharge other than breast milk, including blood

Screening Guidelines

- The Centers for Disease Control and Prevention (CDC) and the U.S. Preventative Services Task Force (USPSTF) recommend women 40-74 (of average risk) have a screening mammogram every two (2) years.
 - Source: U.S. Preventative Services Task Force Recommendations
- The American Cancer Society (ACS) recommends women 45 and older begin regular mammograms. Women age 55 can begin every 2 years.
 - Source: American Cancer Society Recommendations

ACS Breast Cancer Screening



Take Action: Self-Management

- Make healthy choices
- Don't utilize tobacco products
- Exercise and maintain healthy weight
- Eat healthy
- Drinking alcohol increases your risk.
- Get screened
 - Early screening and testing are associated with early detection and improved survival outcomes
- Having had no children or a first child after age 30 increases risk
- Certain forms of oral contraceptives have been found to raise risk.

Provide Support

- EMPOWER women to do routine breast checks and have a screening every other year.
- TARGET women aged 40-74 years with intentional messaging for maintaining routine screenings
- ENGAGE women where they are: Beauty shops, grocery stores, nail salons, social groups, community and faith-based organizations
- PROMOTE recommendations: Encourage women to establish care with a Primary Care Provider and/or Gynecologists to become aware of necessary screenings.

Louisiana Resources

- Louisiana Cancer Prevention (LCP)
- Louisiana Breast & Cervical Cancer Health Program (LBCHP)
- Woman's Hospital
- Mary Bird Perkins Cancer Center
- St. Tammany Health System: The Be Well Bus
- Ochsner MD Anderson Cancer Center
- Our Lady of the Lake Cancer Institute



For more information:

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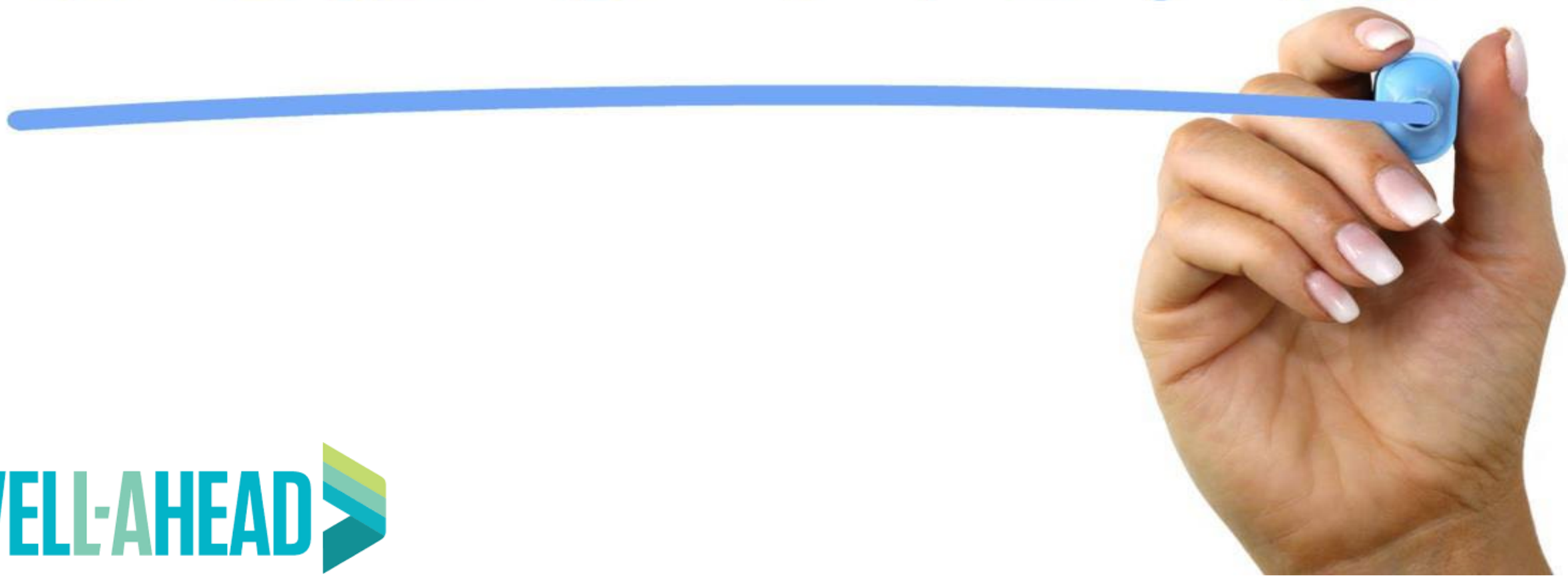
**“I’m a Survivor”
Segment**



Sylvia McClain



QUESTIONS



Closing Remarks



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Thank You for Joining!

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