



BREAST CANCER

Queensland^{1,2}

- ✦ Breast cancer is the most common cancer diagnosed in women (excluding non-melanoma skin cancers).
- ✦ 3363 Queenslanders were diagnosed with breast cancer in 2014 (the most recent statistics available), of which 3339 were females and 24 were males.
- ✦ Of the 480 people who died as a result of the disease in 2014, 473 were women and seven were men.
- ✦ On average, women diagnosed with breast cancer were 91 per cent as likely to live for another five years compared to the general population.
- ✦ The approximate lifetime risk of a Queensland woman to be diagnosed with breast cancer before the age of 85 is one in eight.
- ✦ The approximate lifetime risk for a Queensland woman to die of breast cancer before the age of 85 is one in 42.

Australia³

- ✦ Breast cancer is the most common cancer diagnosed in women in Australia and is the second most common cause of cancer deaths in Australian women, behind only lung cancer.
- ✦ One in eight women will be diagnosed with breast cancer before the age of 85.
- ✦ In 2013, 15,902 women were diagnosed with breast cancer across Australia.
- ✦ There were 2814 Australian females that died from breast cancer in 2014.
- ✦ Breast cancer accounted for 29 per cent of all new cancers diagnosed in Australian women in 2013 and 14 per cent of all cancer deaths among females in 2014.

Detection and symptoms⁴

- ✦ If the cancer is found and treated early, there is an increased chance of surviving the disease.
- ✦ There are a number of breast changes that women should look out for. Women should consult their GP about the following:
 - A persistent lump, lumpiness or thickening.
 - Changes to the nipple such as crusting, ulceration, redness or drawing in of the nipple.
 - Discharge from the nipple.
 - Any change of the shape, feel, size or colour of the breast.
 - Dimpling or puckering of the skin.
 - Unusual breast pain which is not associated with a monthly menstrual cycle.

¹ Queensland Cancer Registry, 2017. Unpublished data (1982-2014).

² Queensland Cancer Statistics On-Line, 2017. Viertel Cancer Research Centre, Cancer Council Queensland (<https://qcsol.cancerqld.org.au/>). Based on data released by the Queensland Cancer Registry (1982-2014; released January 2017).

³ Australian Institute of Health & Welfare 2017. *ACIM (Australian Cancer Incidence and Mortality) Books*. AIHW: Canberra. (<http://www.aihw.gov.au/acim-books/>).

⁴ Youlden DR, Cramb SM, Baade PD. 2009. *Current status of female breast cancer in Queensland: 1982 to 2006*. Brisbane: Viertel Centre for Research in Cancer Control, Cancer Council Queensland.



Cancer Facts



Cancer Council Australia has three recommendations for women for the early detection of breast cancer:

- ✦ Women aged 50-74 should have a mammogram every two years through BreastScreen Australia. Women aged 40-49 and 75 years and older should talk to their GP about whether they should have a free screening mammogram. Screening mammograms are not effective for women under 40.
- ✦ Women should become 'breast aware' by familiarising themselves with the normal look and feel of their breasts.
- ✦ Women should see a doctor immediately if they notice any unusual breast changes. Most changes are not due to breast cancer however it is important to have them checked straight away.

Who is at risk⁴

- ✦ Being a woman is the main risk factor for developing breast cancer. While men can be diagnosed with breast cancer, it is approximately 100 times more common in women.
- ✦ The risk for developing breast cancer increases with age. In Queensland, around three-quarters of women diagnosed are over the age of 50.²
- ✦ Nine out of 10 women who develop breast cancer have no other risk factors.
- ✦ The risk increases for women who have a family history of breast cancer, but hereditary breast cancer accounts for less than 5 per cent of all breast cancers diagnosed
- ✦ Women who have already had breast cancer have an increased risk of developing a second breast cancer.

Information and Support

Cancer Council 13 11 20

Being diagnosed with cancer or supporting a family member or friend can leave you with many questions. By calling 13 11 20 you can speak with a Cancer Support Coordinator, who can provide you with cancer information, emotional and practical support.

Cancer Connect

Sometimes it helps to talk to someone who has been there and knows what you are going through. Cancer Connect is free and confidential peer support that connects you, your carer, or loved ones over the telephone with a trained volunteer who has had a similar cancer experience. This support is available at diagnosis, during and after treatment.

Cancer Counselling Service

Cancer can at times leave you feeling stressed and overwhelmed. Talking things through with a counsellor can make a difference.

Our Cancer Counselling Service is for all Queenslanders distressed by cancer at any stage including people diagnosed with cancer, their family and friends. This appointment based service is staffed by nurse counsellors and registered psychologists, all with training and experience in helping people affected by cancer

All Queenslanders, all cancers

13 11 20
cancerqld.org.au



Cancer Facts



For further information and support, please call Cancer Council 13 11 20.

Disclaimer: The information in this publication should not be used as a substitute for advice from a properly qualified medical professional who can advise you about your own individual medical needs. It is not intended to constitute medical advice and is provided for general information purposes only. Information on cancer, including the diagnosis, treatment and prevention of cancer, is constantly being updated and revised by medical professionals and the research community.

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