

Breast Cancer Screening (in Women)

Thanks to research, improved technology and increased screening, more women are living well beyond a breast cancer diagnosis. In Oregon, 3 of 4 breast cancers are being found at early stages, when the cancer is easier to treat.

KEY ISSUES

Breast cancer is the second-leading cause of cancer deaths among women.¹ The good news is that while each year more Oregon women are being diagnosed with breast cancer, more women are now surviving, thanks in large part to early detection.

Although survival rates continue to increase, Oregon's statistics on breast cancer remain alarming. In 2009, 2,994 Oregon women were diagnosed with invasive breast cancer. Of these women, 75 percent were diagnosed at an early stage of disease.² During the same year, 453 Oregon women died from breast cancer.³ Oregon has the 12th highest incidence rate of breast cancer in the nation.⁴ Mammograms in women age 50 and older can reduce deaths due to breast cancer by 20 to 30 percent.⁵

CURRENT EFFORTS

Oregon maintains a highly active network of health care, volunteer, advocacy and community-based organizations with a commitment to women's health—and specifically to breast health.

Insurance coverage for Pap tests and mammograms has been mandated by legislation since 1994 in Oregon. Medicare and Medicaid also cover mammograms for eligible women. In addition, the Oregon Breast & Cervical Cancer Program provides annual well-woman exams and mammograms for uninsured Oregon women.

Currently, the percentage of women in Oregon age 50 and above who have had a mammogram within the past two years is 75%.⁶

ACCOMPLISHMENTS

Since Oregon's first Comprehensive Cancer Plan was published, the following has been accomplished:

- The 2011 Oregon Legislature passed Senate Bill 433 which expands access to treatment for breast and cervical cancer to any eligible woman diagnosed with breast or cervical cancer in Oregon.
- The Breast Health Task Force created *Breast Health Basics* which is now used by the Oregon/SW Washington Affiliate of Susan G. Komen for the Cure.
- The Breast Health Task Force continues to host training opportunities and regional networking events for partners and organizations across Oregon.
- There are ongoing initiatives focused on women with disabilities, including the Right to Know Campaign, and a Mammography Assessment Project (MAP) that documents accessibility of imaging facilities in Oregon.

While awareness about breast cancer has greatly increased over the past 25 years, there is more to do to ensure that all women in Oregon have the life-saving benefit of access to breast health education and screening.

CHALLENGES

Oregon's mammography screening rate is already nearing the Healthy People 2020 goal of 81.1 percent (currently at 77.6 percent).⁶ To increase long-term survival rates and to prevent deaths, we must increase regular breast screening among all women, including those with and without health insurance.

It is particularly important that we increase our screening efforts and early detection rates for:

- rural counties in Oregon;
- women with disabilities;
- African-American women.

To increase screening rates, we must remove barriers to screening, such as transportation and access. In addition, we need to promote and provide culturally and individually appropriate outreach, referral and service delivery.

OPPORTUNITIES

- Oregon is rapidly changing to a new model of health care. Our objectives can be used to influence the way screening for breast cancer is delivered and promoted on a statewide level.
- Guidelines for breast cancer screening are conflicting. This provides an opportunity for discussion and engagement of women, providers and the medical community.

Breast cancer screening includes:

- Mammogram;
- Clinical breast exam by a trained health provider; and
- Discussion of personal and family health history.

Breast self-examinations have not been proven to reduce deaths and should not be used alone as a screening device to detect cancer.

There are different recommendations for breast cancer screening. Some of the organizations that forward specific recommendations include:

- U.S. Preventive Services Task Force
- American Cancer Society
- American College of Obstetricians and Gynecologists
- Susan G. Komen for the Cure
- National Comprehensive Cancer Network



Insert Oregon quote and pic here – from a community member who benefitted from screening, advocate or cancer survivor here

OBJECTIVE

By 2020, increase the percentage of women in Oregon who are screened at the appropriate age for breast cancer in order to reduce mortality from 22.2 to 20.6 (per 100,000 population).

STRATEGIES

- Provide targeted educational messages to promote mammograms particularly to women age 50 and over.
- Develop and disseminate best-practice strategies to health care providers and communities to promote breast screening for more women.
- Promote collaboration among community organizations to reach women, including women with disabilities, using culturally and individually appropriate messages about women's health.
- Explore ways to increase access to mammography screening in rural and frontier counties.
- Encourage health plan and employer/employee wellness messages that promote breast cancer screening.
- Increase access to breast cancer early detection, diagnosis, treatment and support services that ensure quality of life through the cancer continuum of care.
- Support advancement of Healthy Communities where breast cancer risk factors are reduced or mitigated.

TARGETS FOR CHANGE

Based on Healthy People 2020 Objectives

Screening Target: Increase the mammography screening rate to 81.1%

Oregon Mammography Screening Rate
75%**

To achieve this target, Oregon must increase its screening rate by 7%.

Mortality Target: Reduce the female breast cancer death rate to 20.6 deaths per 100,000 females.

**Oregon Mortality Rate
22.2 per 100,000 female population***

To achieve this target, Oregon must reduce its breast cancer mortality by 7%.

* Cancer in Oregon, 2008, Oregon State Cancer Registry

** Oregon Behavioral Risk Factor Surveillance System, 2010

1 U.S. Cancer Statistics, 2007, Incidence and Mortality

2 Oregon State Cancer Registry (OSCaR) 2009.

3 Oregon Death Certificate Statistical File, Accessed 4/7/2011

4 United States Cancer Statistics Public Information Data

<http://wonder.cdc.gov/cancer.html> Accessed 9/13/2011

5 U.S. Preventive Services Task Force, February 2002

6 Oregon Behavioral Risk Factor Surveillance System, 2010