

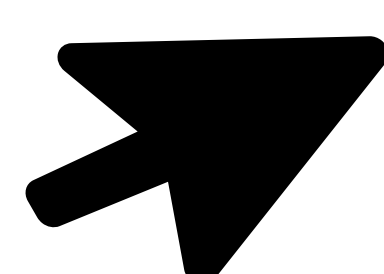
BREAST CANCER in Kentucky



Breast Cancer Screening Guidelines for Average-Risk Women

Women have the choice to begin screening mammography at age 40 but should not wait past age 50 to begin.

Each woman should talk to her health care provider about when and how often to get a mammogram.

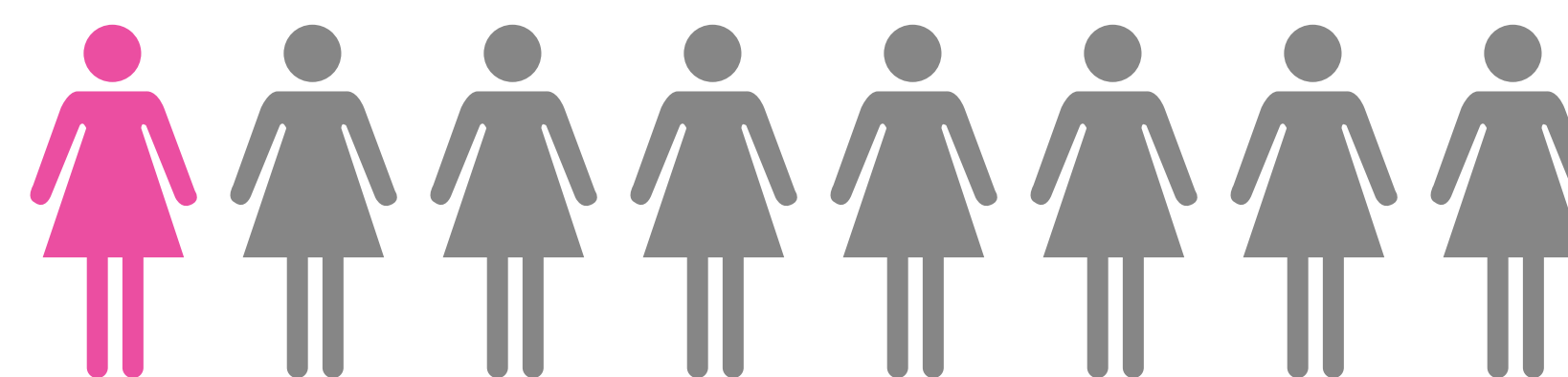


KNOW YOUR RISK

Breast cancer risk factors include:

- Age (risk increases with age)
- Having a BRCA1 or BRCA2 gene mutation
- Having a family history of breast cancer (mother, sister, daughter)
- Having had breast cancer or a non-cancerous breast disease
- Having dense breast tissue
- Having radiation treatment to the chest
- Beginning menstruation before the age of 12
- Stopping menstruation (menopause) after the age of 55
- Having no pregnancies or first pregnancy after age 30
- Being overweight, especially after menopause
- Being physically inactive
- Using certain oral contraceptives and combination hormone replacement therapy (estrogen and progestin used together)
- Alcohol consumption (risk increases with amount consumed)
- Having a history of using or intrauterine exposure to the drug diethylstilbestrol (DES)

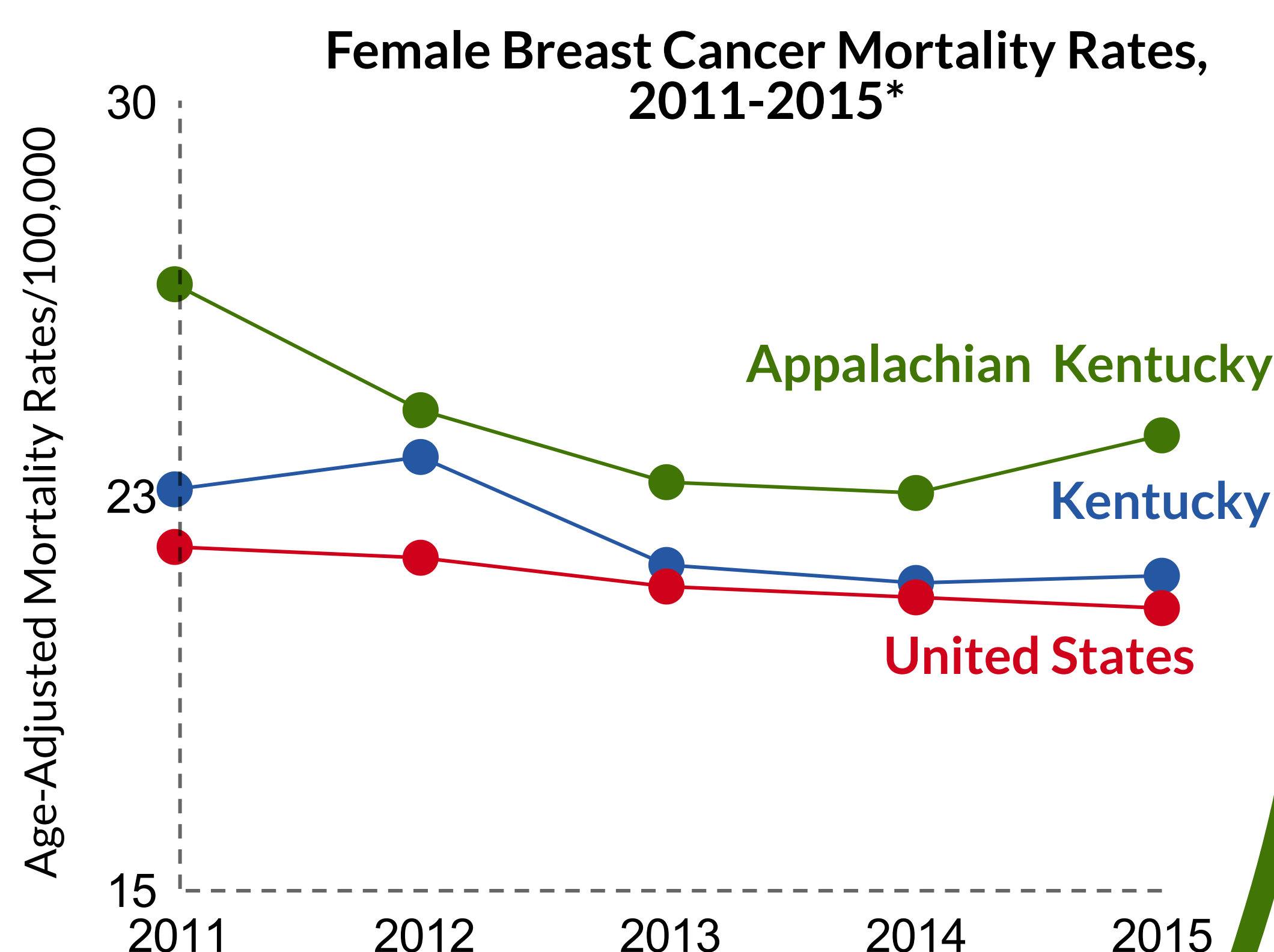
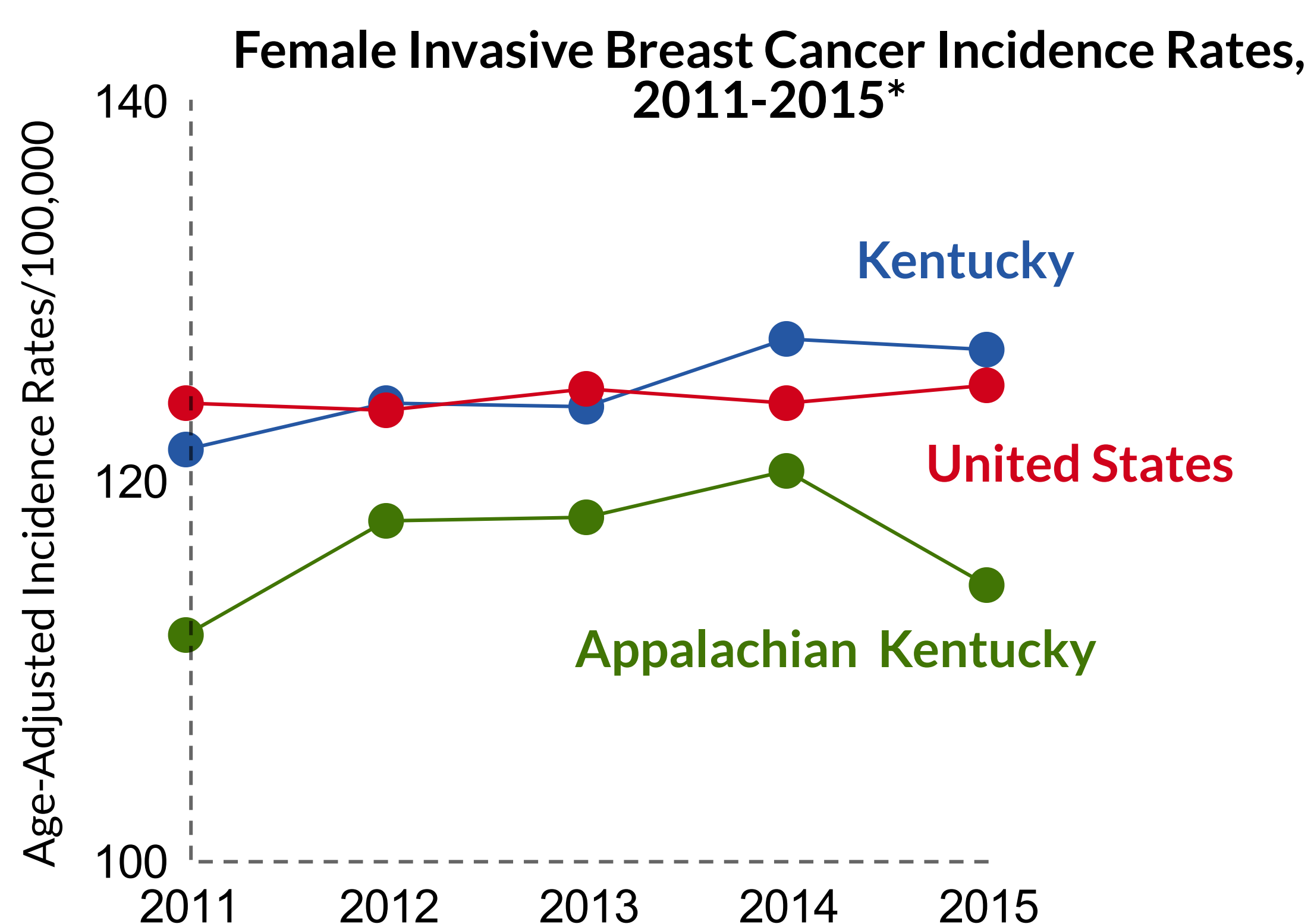
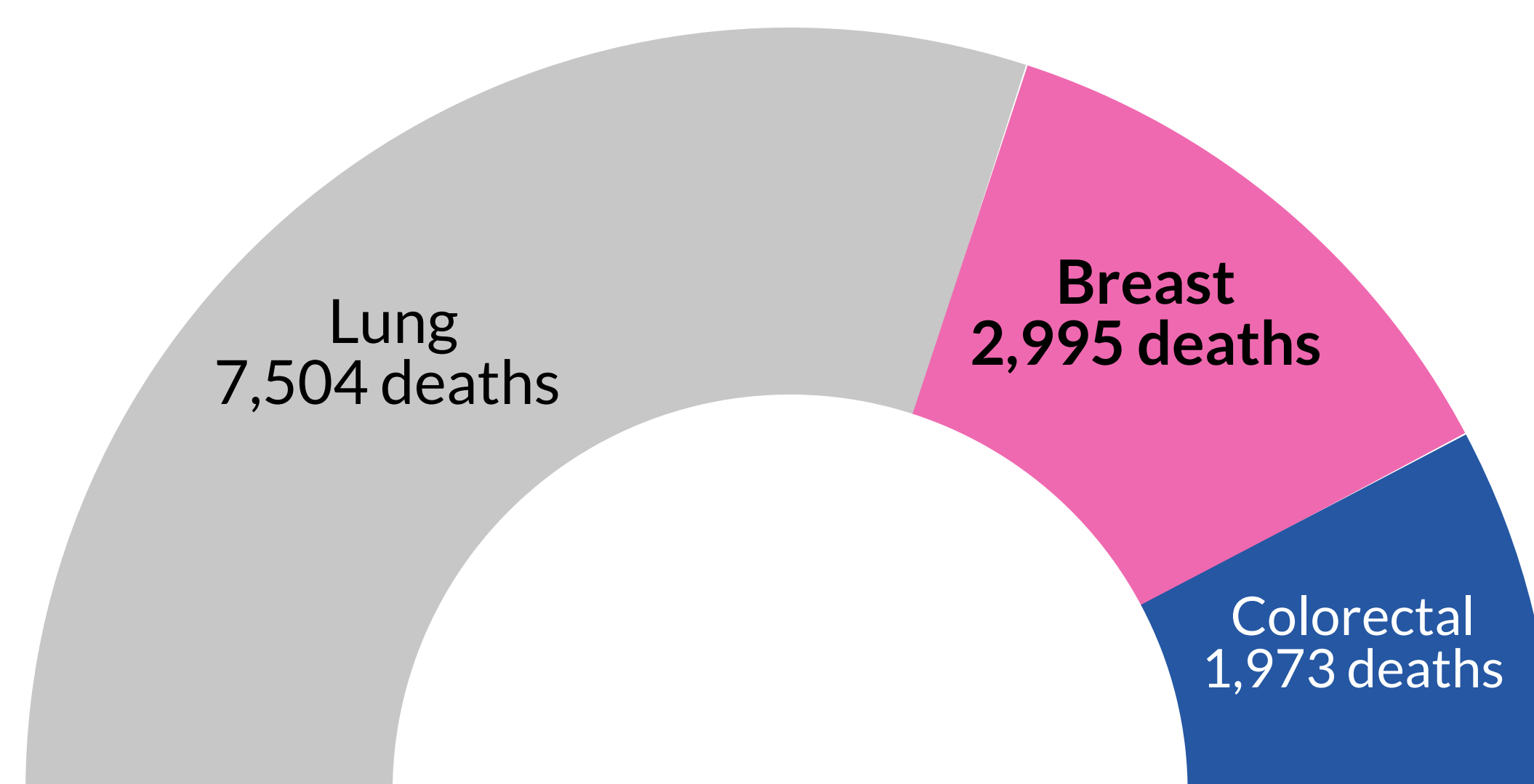
Breast cancer is the most commonly diagnosed cancer among American women. According to the American Cancer Society, American women born today...



... have a 1 in 8 lifetime risk of developing breast cancer.

Breast cancer is the second leading cause of cancer deaths among Kentucky women.

Top 3 leading causes of cancer death in Kentucky women, 5-year profile (2011-2015)



*Age-Adjusted Cancer Rates in Kentucky, 2011 - 2015. Based on data released Apr 2017. Data for 2009-2015 is preliminary. Cancer-Rates.info. Accessed on Oct 02, 2018. Kentucky Cancer Registry. <[## BREAST CANCER FACTS...](http://cancer-rates.info/ky/>T1:</p>
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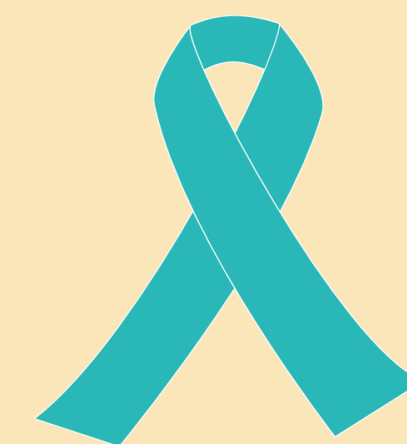


- The female breast cancer incidence rate in Kentucky (the rate of new cases) has increased more than the U.S. rate.
- Breast cancer death rates in Kentucky and nationally have declined. This may be due to early detection and improved treatment.
- The breast cancer incidence rate in the Appalachian area is low and the mortality rate is high suggesting that this population may be under screened.



Factsheet brought to you by the Kentucky Cancer Consortium. Revised December 2018

CERVICAL CANCER in Kentucky



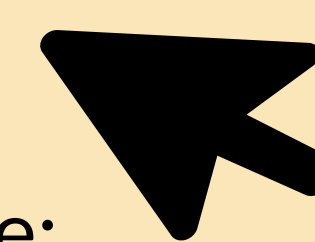
Cervical Cancer Screening Guidelines for Average-Risk Women

Women age 21-29 should get a Pap test every 3 years.

Women age 30-65 have 1 of 3 options:

1. Pap test every 3 years
2. Co-test (Pap and HPV test) every 5 years
3. Primary HPV (HPV test only) every 5 years

KNOW YOUR RISK

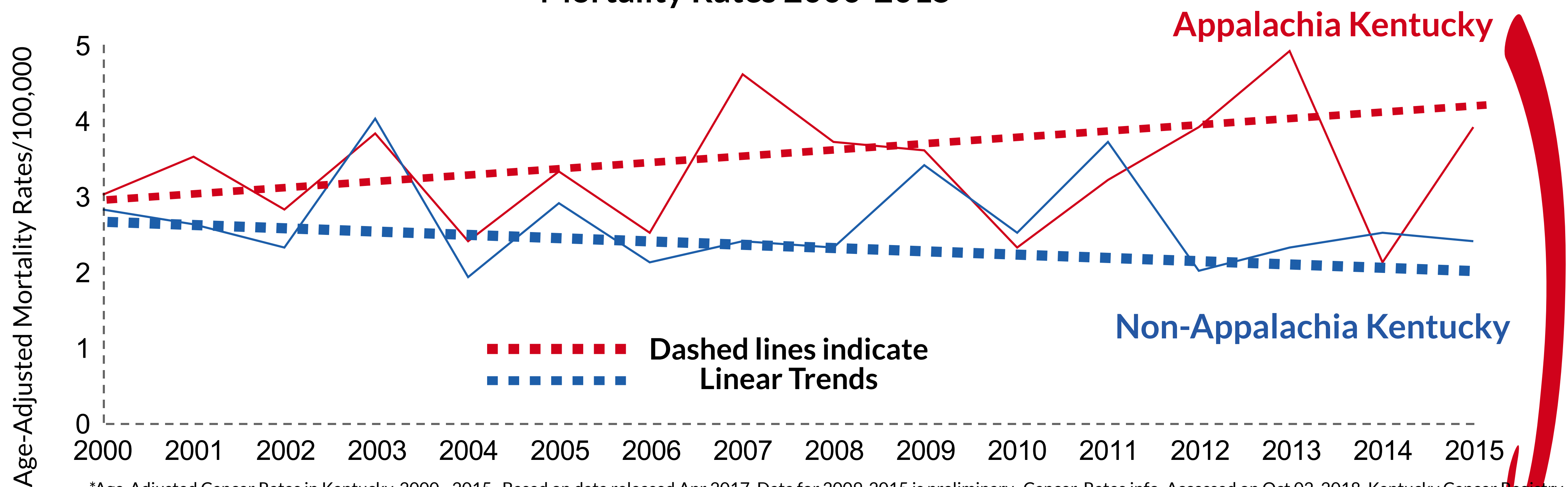


Cervical cancer risk factors include:

- Having a history of a HPV (human papillomavirus) infection
- Having a history of other sexually transmitted infections
- Having multiple sex partners or having a partner with multiple sex partners
- Beginning sexual activity prior to age 18
- Being a smoker
- Having a weak immune system
- Using oral contraceptives for 5 years or more
- Having given birth to 3 or more children
- Never or rarely having a Pap test
- Having had intrauterine exposure to the drug diethylstilbestrol (DES)

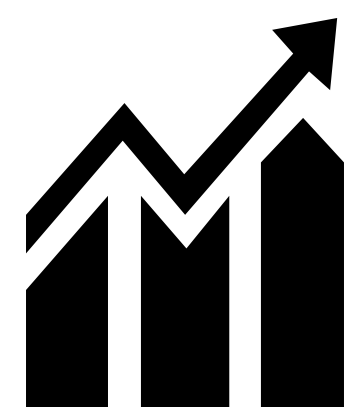
Kentucky is 8th in the nation for cervical cancer mortality rates (2011-2015).

Appalachia vs. Non-Appalachia Cervix Uteri Cancer in Kentucky, Mortality Rates 2000-2015*



CERVICAL CANCER FACTS

- The cervical cancer incidence rates (the rate of new cases) in Kentucky and nationally have overall remained stable for a fifteen year period (2000-2015).
- The disparity in mortality rates between Appalachia and Non-Appalachia Kentucky residents is growing. This may be due to a lower use of preventive care, fewer physician visits, and less likelihood of receiving state-of-the-art care due to limited geographic access in Appalachia.



Kentucky Women's Cancer Screening Program (KWCSPP) provides free or low cost mammograms and Pap tests to low-income, uninsured women.

If you or someone you know needs a breast and/or cervical cancer screening call any local health department or KWCSPP at 1-844-249-0708.

