Breast Cancer in the United States:


Breast Cancer in Hawaii:

- Racial/Ethnic Differences in Incidence, Mortality, and Stage at Diagnosis

Breast Cancer Risk Factors:

- Changes or mutations in the genome (DNA) can cause normal breast cells to become cancer cells.
- Breast cancers can start from different tissue in the breast.
- The most common form of breast cancer originate from the cells that line the ducts that normally function to carry milk to the nipple.
- Breast cancer cells can go into the blood or lymph system and spread to different parts of the body.

Breast Cancer Risk Factors:

- A breast cancer risk factor is anything that contributes to developing breast cancer. There are risk factors that you can change and others that you cannot.

Risk factors that you can change:

- Diet
- Drinking alcohol
- Being overweight or obese
- Physical activity
- Having children; Breast feeding
- Oral contraceptives; Hormone replacement therapy

Risk factors that you cannot change:

- Gender – being a women
- Aging – getting older
- Genetics – gene mutations

Highlights of Breast Cancer Research from the Multiethnic Cohort:

- There was a total of 3111 [Native Hawaiian (n=626), Japanese (n=1503), and White (n=982)] invasive breast cancer cases diagnosed between 1993-2013 in the Hawaii component of the Multiethnic Cohort.
- Native Hawaiian and Japanese have a higher proportion of hormone receptor (ER and PR) positive breast cancer compared to White, African American, and Latina women. African American women have a higher proportion of hormone receptor negative breast cancer compared to White women. American Journal of Epidemiology 2009
- High BMI and adult weight gain increase risk of developing postmenopausal breast cancer. Native Hawaiians and Japanese have greater risk. International Journal of Cancer 2012
- Dietary fat intake did not increase risk of developing postmenopausal breast cancer. Cancer Prevention Research 2012
- Mammographic screening participation in the Multiethnic Cohort was similar across racial/ethnic groups (~84%); White (89%) and Japanese (88%) women reported the highest screening participation. Cancer Epidemiology 2014
- Women who smoked more than 5 years before their first pregnancy had a higher risk of developing breast cancer compared to women who did not smoke. American Journal of Epidemiology 2015