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Breast Cancer Incidence and Mortality in Delaware

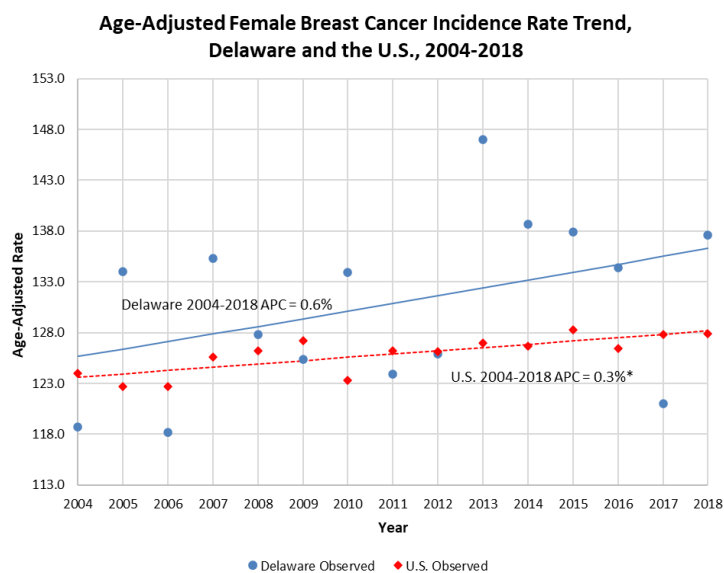
Key Highlights

- Breast cancer is the most commonly diagnosed cancer among females in the U.S. and Delaware.^{3,4}
- Delaware ranked 12th in the U.S. for female breast cancer incidence.^{3,4}
- Delaware ranked 15th in the U.S. for female breast cancer mortality.^{2,4}
- From 2014-2018, 4,237 female breast cancer cases were diagnosed.³
- 73% of Delaware females age 40 and older reported having a mammogram in the past two years in 2020.¹

Incidence (New Cases)^{3,4}

Female breast cancer is the most commonly diagnosed cancer among females in the U.S. and Delaware. From 2014-2018, there were 4,278 cases of breast cancer diagnosed in Delaware. Of these cases, 99% (4,237 cases) were diagnosed in females and 1% (41 cases) were diagnosed in males. Female breast cancer comprises 30% of all female cancer cases in Delaware.

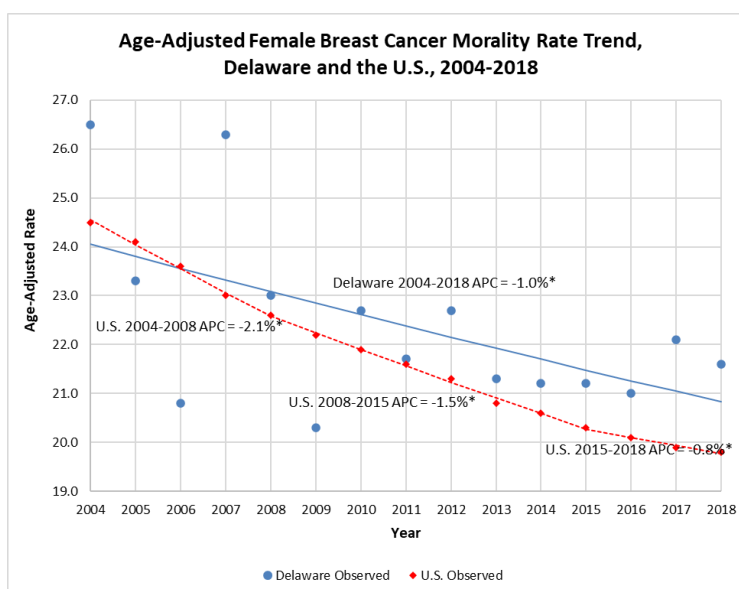
Incidence rates for female breast cancer in Delaware were stable between 2004 and 2018 with an annual percent change (APC) of 0.6%. The U.S. incidence rates increased an average of 0.3% per year during the same period.



Mortality (Deaths)^{2,4}

Female breast cancer is the second most common cause of cancer death among females in the U.S. and Delaware. In 2014-2018, there were 717 female deaths (15% of all female cancer deaths) from breast cancer in Delaware. Delaware ranked 15th in the U.S. for female breast cancer mortality, up from 17th in the previous time period.

Mortality rates for female breast cancer in Delaware decreased by an average of 1.0% per year between 2004 and 2018. In the U.S., female breast cancer mortality rates decreased 2.1% per year on average during 2004-2008, 1.5% during 2008-2015, and 0.8% during 2015-2018. This shows the decrease in female breast cancer mortality rates has been decelerating in recent years.



Spotlight on Disparities

- Non-Hispanic African American females (138.7 per 100,000) had a higher breast cancer incidence rate compared to Non-Hispanic Caucasians (135.7 per 100,000) and Hispanic females (101.6 per 100,000).^{3,4}
- Non-Hispanic African American females (25.8 per 100,000) had a higher breast cancer mortality rate compared to Non-Hispanic Caucasians (21.2 per 100,000). Rates for Hispanic females could not be calculated due to the small number of deaths.^{3,4}
- Non-Hispanic African American (30%) and Hispanic females (31%) have a higher proportion of female breast cancer diagnosed at the regional stage compared to non-Hispanic Caucasian females (23%).³
- As age increases, so does the incidence of breast cancer. The highest age-specific female breast cancer incidence rate was observed among females age 75-84 (469.4 per 100,000) compared to other age groups: 0-39 (14.9 per 100,000), 40-64 (244.6 per 100,000), 65-74 (455.8 per 100,000), 85+ (363.3 per 100,000).^{3,4}
- As age increases, so does the mortality from breast cancer: the highest age-specific mortality rate among female was those who died at 85+ (176.7 per 100,000), 75-84 (114.9 per 100,000), 65-74 (62.6 per 100,000), 40-64 (34 per 100,000) and 0-39 (0.9 per 100,000).^{3,4}

Stage at Diagnosis³

There are three stages of breast cancer diagnosis: local, regional, and distant. Females with breast cancer diagnosed at the local stage have a highest five-year survival. Therefore, early detection is important for better outcomes. According to a study of 2011-2017 SEER data, the five-year relative survival for females with diagnosed breast cancer at the local stage was 99%. This survival dropped to 86% among females diagnosed with breast cancer at the regional stage, and 29% among females with diagnosed breast cancer at the distant stage.

Over the past three decades, the proportion of female breast cancer diagnosed in Delaware at the local stage have increased from 42% to 68%. During this same time period, cases diagnosed at the regional stage have decreased from 43% to 25% and cases diagnosed at the distant stage have decreased from 8% to 6%. However, when comparing race/ethnicities, non-Hispanic African American and Hispanic females have a higher proportion of cases diagnosed at the regional stage compared to Caucasian women.

Early Detection¹

A screening mammogram (x-ray of the breast) is used to detect breast disease in females who appear to have no breast problems. For early breast cancer detection in females without breast symptoms, the DCC recommends:

- ◆ Females 40 years of age and older should get a mammogram and clinical breast exam annually.
- ◆ Females 18-39 years of age should get a clinical breast exam annually.

In 2020, 73% of Delaware females aged 40 and older reported having a mammogram in the past two years. When adjusting for demographic and access to health care factors, having a personal doctor and having a check-up within the past year were both associated with receiving a mammogram. Therefore, access to and being established in the health care system is important to meeting screening guidelines.

Citations

1. Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2020.
2. Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center, 2014-2018.
3. Delaware Department of Health and Social Services, Division of Public Health, Delaware Cancer Registry 2014-2018.
4. Surveillance, Epidemiology, and End Results (SEER) Program (www.seer.cancer.gov) SEER*Stat Database: Populations - Total U.S. (1969-2020) <Katrina/Rita Adjustment> - Linked To County Attributes - Total U.S., 1969-2020 Counties, National Cancer Institute, DCCPS, Surveillance Research Program, released January 2022.