



Indiana  
Department  
of  
Health

# Chronicle of Indiana Cancer Control

October 2024

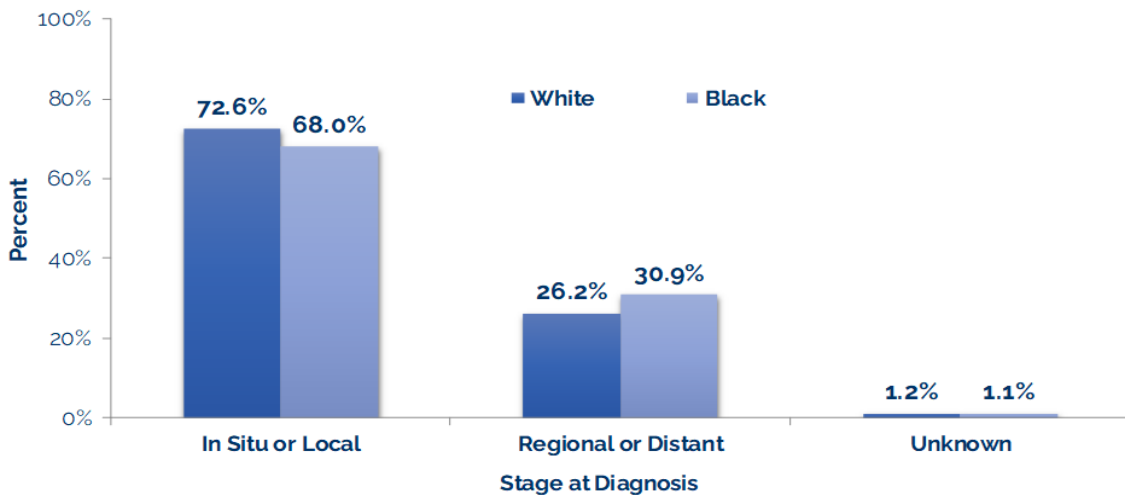
## Spotlight

### Breast Cancer

Breast cancer occurs almost entirely in women, but men can get breast cancer, too. Cancer starts when cells begin to grow out of control. It's important to understand that most breast lumps are benign and not cancerous (malignant). Any breast lump or change should be addressed by a health care professional to find if it is benign or malignant.<sup>1</sup>

There are many different types of breast cancer. It is the second leading cause of cancer death, and excluding skin cancers, the most frequently diagnosed cancer among women in Indiana and in the United States.<sup>2,3</sup> In Indiana, there were 4,499 new cases of breast cancer diagnosed during 2020 in Indiana.<sup>3</sup>

**Percent of Female Breast Cancer Cases by Stage of Diagnosis and Race – Indiana 2016-2020**



Source: Indiana State Cancer Registry

## Risk Factors and Detection

Sex and age are the two greatest risk factors for developing breast cancer. Women have a greater risk for developing breast cancer, and that risk increases with age. Breast cancer is rare among men; however, they are often diagnosed at later stages and have poorer prognoses. Factors associated with increased breast cancer risk include weight gain after the age of 18, being overweight, use of menopausal hormone therapy, physical inactivity, and alcohol consumption.<sup>2</sup>

The United States Preventative Service Task Force (USPSTF) recommends biennial screening mammography for women aged 40-74.<sup>2</sup> If breast cancer runs in your family, talk with your healthcare provider about starting screening earlier.

## Resources and Upcoming Events

- [The Indiana Breast and Cervical Cancer Program \(BCCP\)](#) is the Hoosier implementation of the National Breast and Cervical Cancer Early Detection Program (NBCCEDP). The BCCP provides access to breast and cervical cancer screenings, diagnostic testing, and treatment for underserved and underinsured people who qualify for services.
- George Washington Cancer Center Tap: [Breast Cancer Awareness Month Campaign](#)
- Breast Cancer Awareness Month [Toolkit](#)
- American Cancer Society [Making Strides of Northwest Indiana](#) - walk and make strides against breast cancer
- On Saturday, Nov. 9, screening centers are being asked to open their doors to allow individuals who are unable to take time off from work to access screening for [National Lung Cancer Screening Day](#).
- Little Red Door Cancer Agency's 17th annual [Face of Hope Breakfast](#) is Nov. 21
- Mobile mammography at Indiana Department of Health 2 N. Meridian office in Indianapolis on Dec. 9

### References

1. American Cancer Society. Cancer Facts and Figures 2024. Atlanta: American Cancer Society; 2024. <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/2024-cancer-facts-figures.html>
2. USPSTF. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>
3. Indiana State Cancer Registry

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

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