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QI & DEI NEWSLETTER

GREATER ROSLINDALE MEDICAL AND DENTAL CENTER

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, when we reflect on trends in breast cancer research, prevention, and treatment. According to the National Cancer Institute, almost 298,000 women in the United States will be diagnosed with breast cancer and in addition, an estimated 2,800 men are expected to be diagnosed with breast cancer in 2023.

Breast cancer occurs when cells in the breast divide and grow without their normal control. Tumors in the breast tend to grow slowly. By the time a lump is large enough to be felt, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

Signs and symptoms of breast cancer may include:

- A breast lump or thickening that feels different from the surrounding tissue
- Change in the size, shape or appearance of a breast
- Changes to the skin over the breast, such as dimpling
- A newly inverted nipple
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin
- Redness or pitting of the skin over your breast, like the skin of an orange

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Learn About Breast Cancer Screening

The most common tests to detect breast cancer are screening mammograms and clinical breast exams. Screening tests are used to find breast cancer in a person without warning signs or symptoms.

What is a screening mammogram?

A screening mammogram is a test that uses X-rays to create images of the breast. It's the most effective screening test used today to find breast cancer in most women. Screening mammograms can find breast cancer early, sometimes up to 10 years before it could be detected by you or your doctor.

When is getting a breast cancer screening test recommended?

Women at average risk - Talk with a doctor about which screening tests are right for you. Have a mammogram every year starting at age 40 if you're at average risk. Have a clinical breast exam at least every three years starting at age 20, and every year starting at age 40.

Women at higher risk - If you're at higher risk of breast cancer, talk with your doctor about which screening tests are right for you and when to begin screening. You may need to be screened earlier and more often than women at average risk.

Men at higher risk - If you're a man and have a *BRCA1* or *BRCA2* inherited gene mutation, there are special screening recommendations for breast cancer and certain other cancers.

Transgender people - If you're transgender, breast cancer screening recommendations are personalized and vary by age, sex assigned at birth, personal risk of breast cancer and other factors.

What should you expect on the day of your screening mammogram?

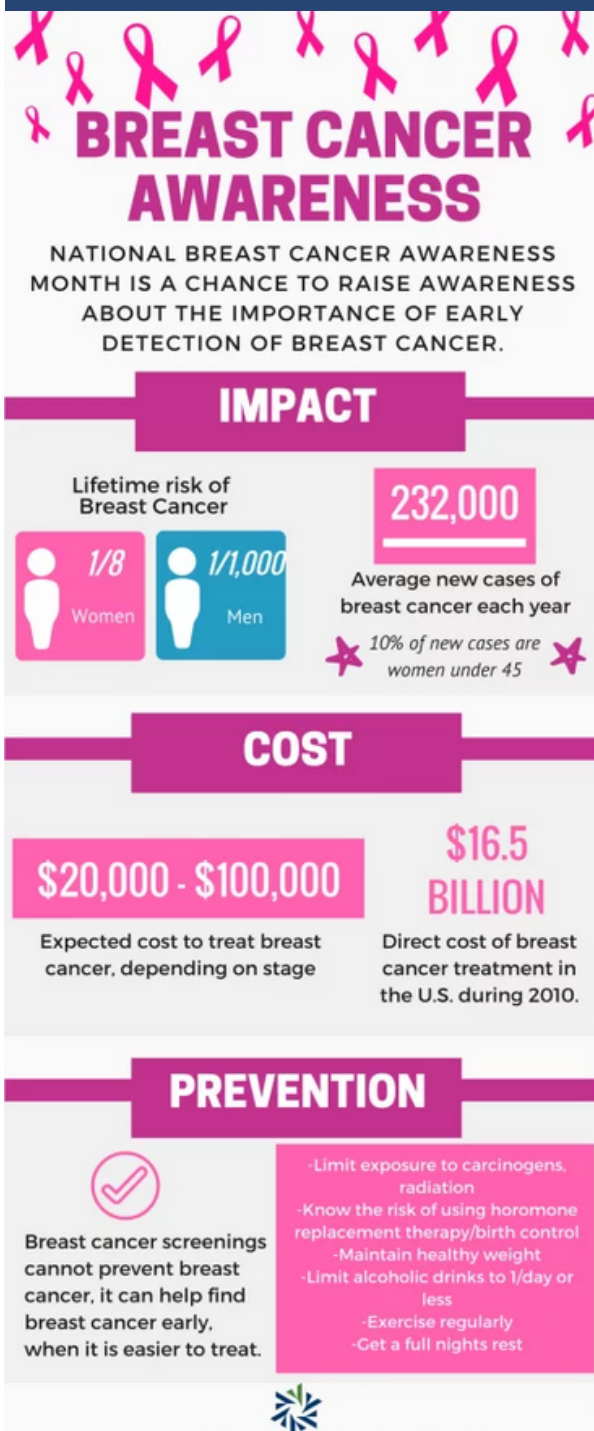
A screening mammogram takes about 15 minutes. Wear a shirt you can easily remove. Avoid using deodorant, perfume, powder or lotion under your arms or on your breasts. These products can show up on a mammogram and make it hard to read.

Are screening mammograms painful?

You may feel some pressure, but getting a mammogram shouldn't hurt. Tell the technologist if you have any concerns or if you feel discomfort during the test.

DID YOU KNOW

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.



Disparities in Breast Cancer

Breast cancer deaths are decreasing in the United States overall, but disparities still exist. Breast cancer is a leading cause of cancer death among American women. A study found that breast cancer deaths among women in the United States dropped 1% per year from 2014 to 2018. Another study found that non-Hispanic Black women had a 41% higher death rate from breast cancer than non-Hispanic White women from 2011 to 2015. CDC scientists wanted to know if these trends had changed.

Scientists looked at deaths among women between 1999 and 2020 by race and ethnicity, age, and U.S. Census region. They found that non-Hispanic Black women had the highest breast cancer death rates compared to women in other racial and ethnic groups. The breast cancer death rate decreased for all women combined, but decreases were lowest among women who were 65 or older and among women who lived in the South when they died.

What the Study Found

All Women Combined

Although the breast cancer death rate decreased overall from 1999 to 2020, the decrease seen in recent years (2008 to 2020) is smaller than in earlier years (2002 to 2008).

- 909,488 women in the United States died from breast cancer from 1999 to 2020.
- Overall breast cancer death rates decreased 1.6% per year on average, from 26.6 per 100,000 women in 1999 to 19.1 per 100,000 in 2020.
- From 1999 to 2002, the breast cancer death rate dropped 1.3% per year on average. From 2002 to 2008, the death rate decreased by 2.2% per year on average, and from 2008 to 2020, the death rate decreased by 1.4% per year on average.

Racial and Ethnic Groups

Compared to women in other racial and ethnic groups, non-Hispanic Black women had the highest breast cancer death rates, and non-Hispanic Asian or Pacific Islander women had the lowest.

- Among non-Hispanic White women, breast cancer death rates decreased 1.6% per year on average, from 26.6 per 100,000 in 1999 to 19.4 in 2020.
- Among non-Hispanic Black women, breast cancer death rates decreased 1.4% per year on average, from 35.7 in 1999 to 26.4 in 2020.
- Among Hispanic women, breast cancer death rates decreased 1.1% per year on average, from 16.4 in 1999 to 13.1 in 2020.
- Among non-Hispanic American Indian or Alaska Native women, breast cancer death rates decreased 0.8% per year on average, from 17.0 in 1999 to 13.7 in 2020.
- Among non-Hispanic Asian or Pacific Islander women, breast cancer death rates decreased 0.4% per year on average, from 12.7 in 1999 to 11.4 in 2020.

Breast cancer screening can help find breast cancer early, when it's easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.



GLOBAL DIVERSITY AWARENESS MONTH

This October, we are celebrating Global Diversity Awareness month along with the differences that make our workplaces innovative, dynamic, and productive. In addition to LGBT History Month and National Disability Employment Awareness Month, Global Diversity Awareness Month celebrates inclusive workplace cultures.

Working in diverse teams prepares us to succeed in a broader range of business scenarios while fostering organizational creativity. Increasingly diverse professional relationships strengthen performance and employee development initiatives globally, allowing us to come together as a united species.

What Is Global Diversity Awareness Month?

Global Diversity Awareness Month is an annual observance that celebrates diversity and inclusion. During October, the month-long celebration offers opportunities for increased dialogue around the world.

Following World War II, the United Nations General Assembly approved the Universal Declaration of Human Rights in the Palais de Chaillot in Paris. The Declaration is the first universal statement of the rights to which all human beings are born. This document acknowledges that we must appreciate the worth of every human being, regardless of their nationality, color, religion, ethnicity, physical ability, sexual orientation, gender, county of origin, language, or other cultural characteristics.

Today, Global Diversity Awareness Month allows us to celebrate our diverse backgrounds and share new perspectives. The focus this month is dispelling negative stereotypes about different cultures and developing new attitudes toward inclusivity.

The Importance of Global Diversity Awareness Month

Global Diversity Awareness Month serves as a month of recognition for cultures, traditions, and the benefits of diversity. It is an opportunity to celebrate our shared humanity. October celebrates unity in diversity, with a focus on honoring multiculturalism and diverse traditions.

“Strength lies in differences, not in similarities.”

Stephen Covey

“In diversity there is beauty and there is strength.”

Maya Angelou

