

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



BREAST CANCER IN TARRANT COUNTY

- In 2018, there were **1,411 new cases** of breast cancer reported among Tarrant County female residents and **240 deaths** (age-adjusted incidence and mortality rates of 127.8 and 22.0 per 100,000 population respectively)
- If detected **before spreading** to non-breast tissue, the five-year **survival rate** for female breast cancer is **99%**
- In 2020, approximately **8 in 10** Tarrant County women aged 55 years and older **received a Mammogram** within the past two years, meeting the American Cancer Society's guidelines for early detection of breast cancer
- In 2020, **78%** of Tarrant County women aged 18 years and over had a **clinical breast exam**. This is an examination done by healthcare provider to identify lumps or other changes within the breasts

While the incidence rate of breast cancer in Tarrant County is significantly higher than in Texas, the mortality rate is similar

Figure 1. Female breast cancer incidence and mortality among Tarrant County residents, 2009-2018

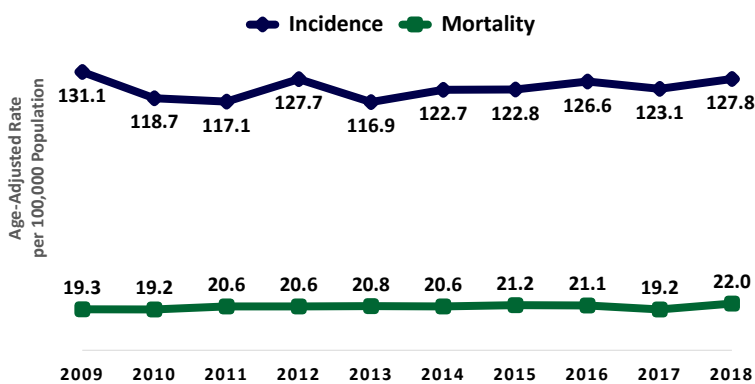
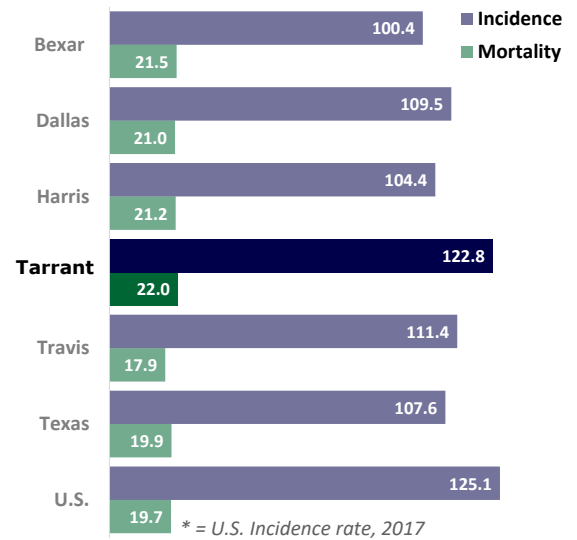
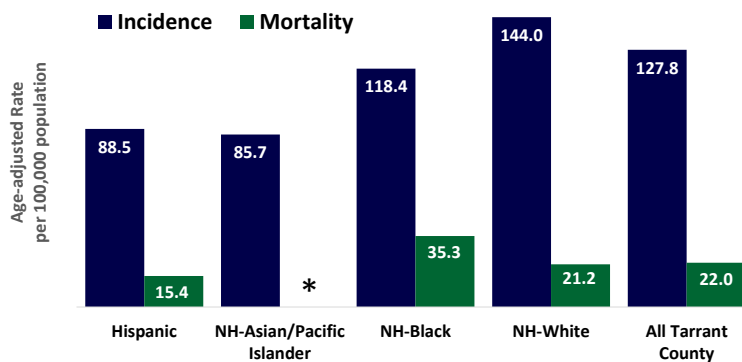


Figure 2. Female breast cancer incidence and mortality among selected geographic areas, 2018



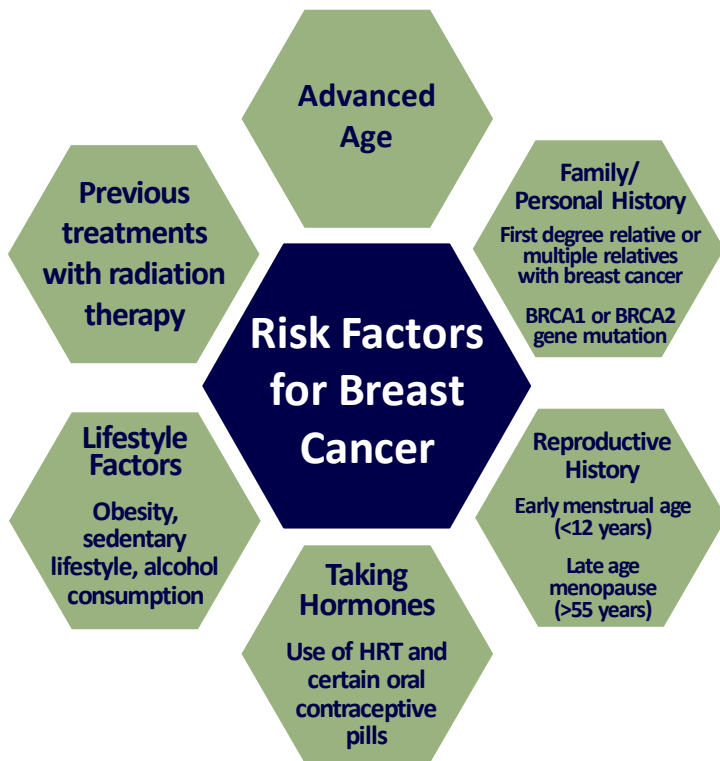
Age-adjusted rate per 100,000 population

Figure 3. Female breast cancer incidence and mortality among Tarrant County residents by race/ethnicity, 2018



* = rates based on less than 20 deaths considered unstable and therefore not provided

Breast cancer mortality is significantly higher among non-Hispanic black women compared to all other racial/ethnic groups



In the U.S. each year 2,600+ men are diagnosed with breast cancer and 500+ die

Risk factors for breast cancer are similar for both men and women. Men are often **diagnosed at later stages** of breast cancer than women because

- they may not be aware they can get breast cancer
- may not notice changes in their breast or chest area
- may be embarrassed about changes in their breast or chest area and therefore put off seeing a doctor

Male breast cancer screening (self-exam and annual clinical breast exam) is recommended for those at highest risk (BRCA1 or BRCA2 gene mutation; mother/sister diagnosed at age 40 or younger)

American Cancer Society recommendations and guidelines on mammograms for healthy women with an average risk of getting breast cancer

Age 20-39	• Mammogram not recommended
Age 40-44	• Optional, based on discussions with your health care provider
Age 45-54	• Every year
Age 55+	• Every one to two years, based on discussions with your health care provider



Resources and Support

- **Tarrant County Public Health** [<http://www.tarrantcounty.com/en/public-health/clinical-services0/breast-and-cervical-cancer-control-program.html>] For Her Health Women’s Clinic (breast exams and mammograms)
- **Susan G. Komen, Greater Fort Worth** [<https://komengreaterfortworth.org/>]
- **Texas Health and Human Services** [<https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/womens-health-services/breast-cervical-cancer-services>]
- **Centers for Disease Control and Prevention** [<https://www.cdc.gov/cancer/breast/>]