

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



BREAST CANCER IN TARRANT COUNTY

- There were **1,467 new cases** of breast cancer reported among Tarrant County female residents in 2021 and **209 deaths** in 2022 (age-adjusted incidence and mortality rates of 129.4 and 18.5 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 2024, **63%** of Tarrant County **women aged 45 to 54 years** old reported they **received a mammogram** within the past 12 months, and **81%** of Tarrant County **women aged 55 years and older** reported they **received a mammogram** within the past two years, meeting the American Cancer Society's guidelines for early detection of breast cancer.

*Female breast cancer incidence and mortality in Tarrant County are **lower** than Dallas County and the U.S. but **not significantly***

Figure 1. Female breast cancer incidence and mortality among Tarrant County residents, 2013-2022

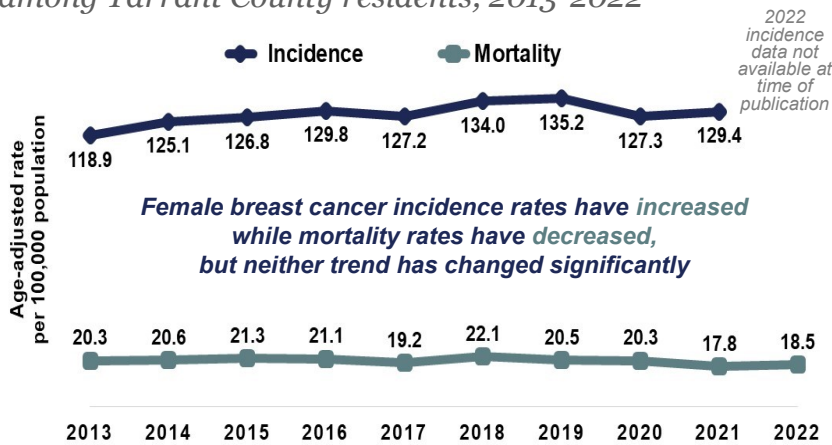


Figure 2. Female breast cancer incidence and mortality among selected geographic areas

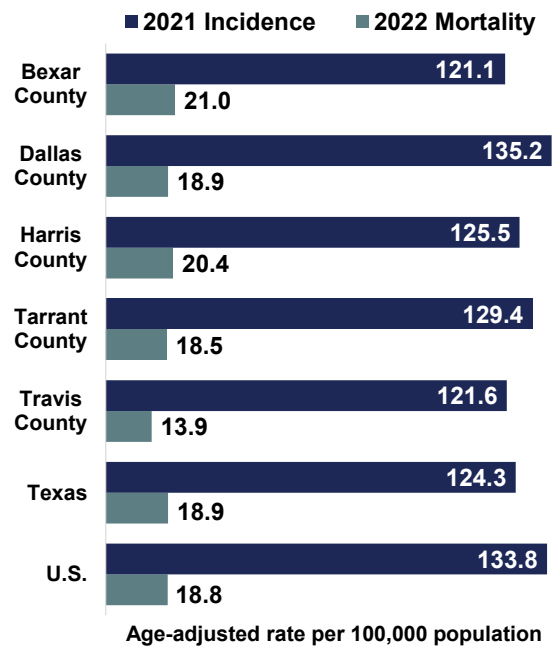
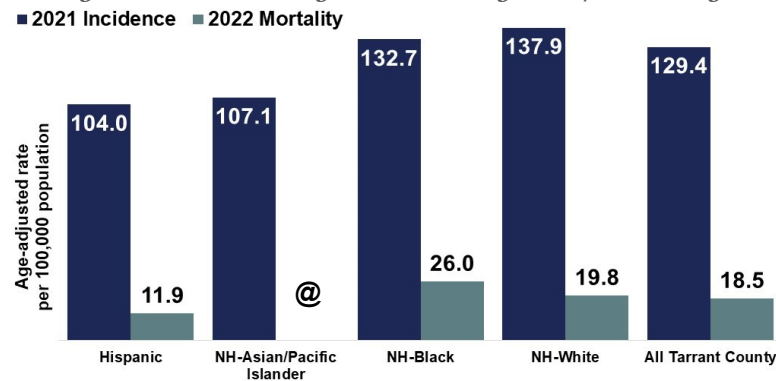


Figure 3. Female breast cancer incidence and mortality among Tarrant County residents by race/ethnicity



*Breast cancer incidence in Tarrant County is **highest** among non-Hispanic white women and mortality is **highest** among non-Hispanic black women*

Risk Factors for Breast Cancer



Advanced Age

Risk increases with age



Family/Personal History

First degree relative or multiple relatives with breast cancer. BRCA1 or BRCA2 gene mutation



Reproductive History

Early menstrual age (<12 yrs)
Late age menopause (>55 yrs)



Lifestyle Factors

Obesity, sedentary lifestyle, alcohol consumption



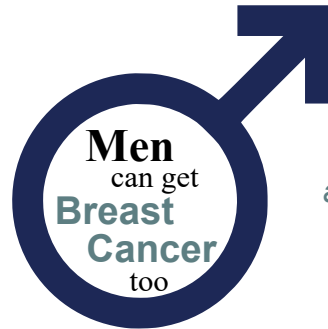
Exposure to Radiation

Previous treatments with radiation therapy



Taking Hormones

Use of Hormone Replacement Therapy (HRT) and certain oral contraceptive pills



Men can get Breast Cancer too

In the U.S. each year **2,700+ 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



How to Reduce Your Risk of Breast Cancer*



Exercising at least 150 minutes a week may lower your risk



Maintain healthy weight



Alcohol can increase estrogen which can increase risk



Talk to your health care provider for breast cancer screening options



Breastfeeding reduces estrogen exposure that helps prevent breast cancer



Regular mammograms can help find breast cancer at an early stage when treatments can be more successful

Resources and Support

- **Tarrant County Public Health** [tarrantcountytx.gov/en/public-health.html]
Health education classes offered include breastfeeding, healthy weight, nutrition, physical activity, and tobacco awareness
- **Susan G. Komen, Greater Fort Worth** [komengreaterfortworth.org]
- **Texas Health and Human Services** [healthytexaswomen.org/healthcare-programs/breast-cervical-cancer-services/]
- **Centers for Disease Control and Prevention** [cdc.gov/cancer-breast/]
- **American Cancer Society** [cancer.org/cancer/types/breast-cancer.html]

*Many modifiable and non-modifiable risk factors affect breast cancer risk. Non-modifiable factors include gender, age, and family history. Staying healthy and life style changes may help in reducing your chance of getting breast cancer; Data sources: American Cancer Society; Centers for Disease Control and Prevention; Data Brief provided by: Office of Data & Health Informatics