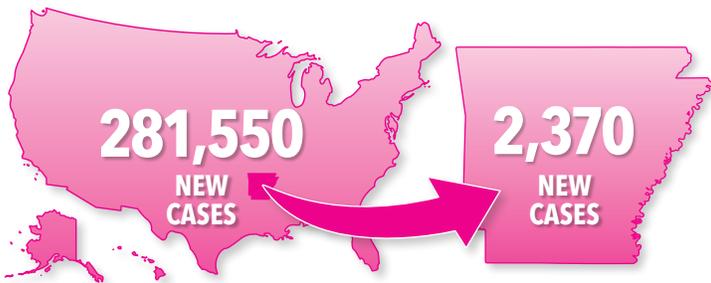


OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer in women in Arkansas, affecting **more than a quarter of women in Arkansas** from 2013–2017. Mammograms can help detect breast cancer early, possibly before it has spread. There are steps you can take to reduce your risk of breast cancer.

New Cases of Breast Cancer in the U.S. and Arkansas, 2021



Of All Cancers in Arkansas Women, Breast Cancer is the...



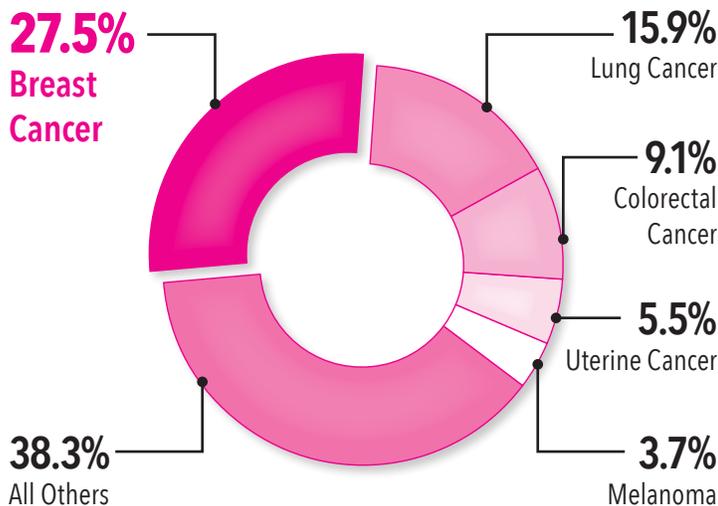
Arkansas Rates of Cancer Incidents, Per 100,000 Women

- Breast Cancer 118.2
- Lung Cancer 62.7
- Colorectal Cancer 37.9

Arkansas Rates of Cancer Deaths, Per 100,000 Women

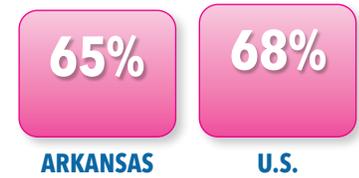
- Lung Cancer 41.0
- Breast Cancer 20.3
- Colorectal Cancer 12.8

New Cases of Cancer in Arkansas Women, 2013-2017



Up-to-Date Mammograms, Arkansas vs. U.S.

Arkansas ranks 37th in the U.S. for up-to-date mammograms in women ages 45 and older. Arkansas is close to the national average for mammograms.



Early Detection and Avoiding Risk Factors

- **Early detection is key to breast cancer prevention.** Regular breast self-exams can help. Visit www.medlineplus.gov/ency/article/001993.htm for information on breast self-exams.
- **Avoiding cancer risk factors may help prevent certain cancers.** Talk to your doctor or other health care professional about how you might lower your risk of cancer. Some risk factors include: Smoking, being overweight, drinking alcohol and not getting enough exercise.

Breast Cancer Treatments

- **Surgery.** An operation where doctors cut out cancer tissue.
- **Chemotherapy.** Using special medicines to shrink or kill cancer cells.
- **Hormonal therapy.** Blocks cancer cells from getting the hormones they need to grow.
- **Biological therapy.** Works with your body's immune system to help fight cancer cells or control side effects from other treatments.
- **Radiation therapy.** Using high-energy rays (similar to X-rays) to kill the cancer cells.

VISIT THE AMERICAN CANCER SOCIETY FOR MORE INFORMATION AT WWW.CANCER.ORG/CANCER/BREAST-CANCER.

To find a health center, visit www.chc-ar.org/health-center-list or call 501-374-8225.

SOURCE: American Cancer Society, 2021, accessed at www.cancerstatisticscenter.cancer.org/#/state/Arkansas • www.cancer.gov/types/breast • <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/> • www.cdc.gov/cancer/dataviz • <https://seer.cancer.gov/statfacts/html/breast.html> • https://www.healthy.arkansas.gov/images/uploads/pdf/2020_Cancer_Report.pdf • https://www.cdc.gov/cancer/breast/basic_info/treatment.htm
 This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov. OCTOBER 2021