

***Clinical Breast Examination***

**Mary Applegate, M.D., M.P.H.**  
Bureau of Women's Health,  
NYS Department of Health

---

---

---

---

---

---

---

---

***Breast Cancer Statistics***

	<i>New York State</i>	<i>United States</i>
<i>New cases</i>	<i>12,000</i>	<i>180,000</i>
<i>Deaths</i>	<i>3,500</i>	<i>45,000</i>

*Women:Men = 10:1*

---

---

---

---

---

---

---

---

***Breast Cancer Incidence By Age***

<i>Age</i>	<i>One new case per ___ women</i>
<i>20-24</i>	<i>110,000</i>
<i>40-44</i>	<i>800</i>
<i>65+</i>	<i>200-250</i>

*Cumulative lifetime risk*  
*... through age 80: 1 in 10*  
*... through age 110: 1 in 8*

---

---

---

---

---

---

---

---

***Breast Cancer Prevention***

**Primary prevention =  
prevent occurrence of  
disease**

- Diet?
- Physical activity?
- Environment?
- Reproductive history?

---

---

---

---

---

---

---

***Breast Cancer Prevention***

**Secondary prevention =  
identify disease early  
enough for cure**

- Breast self-exam
- Clinical breast exam
- Mammography

---

---

---

---

---

---

---