

## Breast Cancer in Saskatchewan

- It is estimated in 2024 that **780 Saskatchewan women will be diagnosed** with breast cancer.
- It is estimated in 2024 that **180 Saskatchewan women will die** from breast cancer.
- Breast cancer is the number one diagnosed form of cancer in women.
- Breast cancer accounts for **25% of all new cancer cases** in women.

## Breast Cancer in Canada

- It is estimated that 38% of breast cancer cases will be diagnosed in females aged 30 to 59 years.
- One in eight Canadian women will develop breast cancer during their lifetime and one in 36 will die from it.
- The 5-year net survival rate for breast cancer is 89%.

## Risk Factors

- **Age:** The risk of developing breast cancer increases as a woman ages. Breast cancer mostly occurs in women between 50 and 69 years of age.
- **Family History:** Having one first-degree relative (mother, sister, daughter) with breast cancer almost doubles a woman's risk. Approximately 5-10% of breast cancer cases are caused by an inherited gene mutation.
- **Early Menstruation:** Women who experience their period at age 11 or younger are more likely to develop breast cancer.
- Women who enter **menopause after age 55** are also more likely to develop breast cancer.
- **Body weight:** Obesity increases the risk for breast cancer in post-menopausal women.

## Screening in Saskatchewan

- In 1990, the Saskatchewan Cancer Agency launched the Screening Program for Breast Cancer.
- Women **50 years and older should have regular screening mammograms**. Once a woman turns 50, she will receive an invitation letter every two years to have a mammogram completed by the Agency.
- **Eligibility will be expanded to include women aged 40 – 49 beginning January 2025** through a phased approach.
- Women with a family history of breast cancer or a breast density greater than 75% should be screened annually.
- You do not need a referral to have a screening mammogram. Simply call the Agency's Breast Screening Program toll free at 1-855-584-8228 to schedule.
- Each year, the Cancer Agency provides approximately 37,000 screening mammograms through the Screening Program for Breast Cancer.

### Sources:

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