

Breast Cancer

Breast cancer is a disease in which cells in the breast grow uncontrollably and form a tumor. Although it primarily affects women, breast cancer can also occur in men. It may cause symptoms such as a lump, pain, or changes in the skin of the breast or nipple. When detected early, breast cancer is often highly treatable.

Statistics

- In 2026, an estimated 324,580 new cases of breast cancer will be diagnosed in the United States.
- In 2026, breast cancer is expected to claim the lives of 42,140 women and men, though the number for men is unknown.
- The five-year survival rate for invasive female breast cancer is 92%.
- In Texas, an estimated 24,270 new cases of breast cancer and approximately 3,400 deaths are expected in 2026.

Risk Factors

There are several modifiable risk factors that can increase a patient's risk of developing breast cancer, such as:

- **Excess body weight:** Women with extra body weight tend to have higher blood insulin levels, which has been linked to breast cancer.
- **Alcohol consumption:** Drinking alcohol is linked to an increased risk of breast cancer. The risk increases with increased consumption. For example, women who have two to three drinks per day have a higher risk compared to women who have one drink per day.
- **Physical inactivity:** A non-active lifestyle can promote favorable conditions for tumors to grow through inflammation and higher insulin resistance.

Symptoms

The symptoms of breast cancer can vary from person to person. Some common signs include:

- A lump or mass
- Skin dimpling
- Breast or nipple pain
- Changes to the nipple or breast skin, such as redness, flaking, or thickening
- Nipple changes, including discharge (not related to breast feeding), scaliness, or retraction (turning inward)

Prevention

There is no sure way to prevent breast cancer. However, you can take steps to lower your risk, such as:

- Avoiding or limiting alcohol
- Maintaining a healthy weight by staying active and eating a healthy, nutritious diet

Regular screening mammography increases the chance of detecting breast cancer early even before it causes symptoms, when it is most likely to be curable.

Treatment Options

Depending on the stage of disease and the tumor's size and location, breast cancer may be treated with one or a combination of the following:

- Surgery, such as lumpectomy or mastectomy
- Radiation therapy
- Hormone therapy
- Chemotherapy
- Immunotherapy
- Targeted therapy

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).