

# Triple Negative Breast Cancer

DBCC's 2023 Edition

## What is Triple Negative Breast Cancer (TNBC)

TNBC is different because...

- Refers to cancer cells lacking estrogen or progesterone receptors
- Tends to grow and spread faster than other breast cancers
- Accounts for about 10-15% of all breast cancers
- Can have the same signs and symptoms of other breast cancers

Est. **36,260 new cases** of black women diagnosed with breast cancer in 2022.

An estimated 6,800 deaths from breast cancer are expected to occur among Black women in 2022, making it the leading cause of cancer death in this population.

## Early Detection Saves Lives!

When diagnosed early, better treatment options are available and there is a better chance of survival.



SCAN TO  
LEARN MORE!

**3.8M**  
breast cancer survivors are alive in the United States, including women still being treated and those who have completed treatment.

**1 in 8...**

women will be diagnosed with breast cancer in her lifetime.



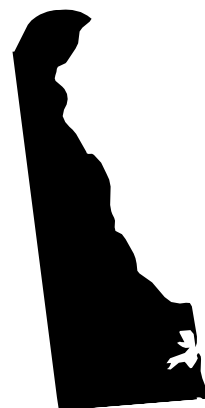
**Don't Wait!**

Never delay breast cancer screenings or follow-up appointments.

**Breast Cancer is the MOST** commonly diagnosed cancer among black women.

## Be aware of TNBC risks

TNBC, data released on March 2, 2023, demonstrated that black women in Delaware experience the highest rate of TNBC in the country.



**MYTH: Only Black women get TNBC.**

Triple-negative breast cancers affect people of all races. Breast cancers in African-American women are more likely to be triple-negative than those in white women.

**Delaware's Most Trusted Breast Cancer Resource**



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**debreastcancer.org**





# Know Your Body

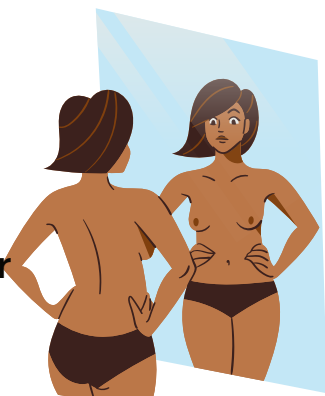
## Self Breast Exam Steps

**Step 1:** Stand in front of a mirror, undressed with your hands at your sides and look for the following:

Lumps  
Skin Changes  
Dimpling  
Swelling

Irritation  
Pulling-in  
Discharge  
Redness

**Step 2:** Inspect your breasts for changes in Step 1 with your hands pressed on your hips, then again with both hands raised above your head with your palms pressed together.



**Step 3:** Lay down somewhere flat. Feel your breasts one at a time while lying on your back, use your fingertips from your opposite hand and firm pressure.



Start outside of your armpit near your back with a small circular motion, and move up and down in lines from high in your armpit to below your breast cleavage.



Knowing what is normal for your body is important in-between routine breast cancer screenings.

## Calculate Your Breast Cancer Risk

Use the **Black Women's Health Study Breast Cancer Risk Calculator** to calculate your personal TNBC risk.

It was developed for black women and is used to help guide decisions about starting screening at an earlier age if at high risk.

Risk prediction model for breast cancer in U.S. Black women

Age (This tool predicts risk for women between the ages of 30 and 70)  
50

Family history of breast cancer (mother, father, sister, brother, daughter, son had breast cancer)  
☒ No  
☐ Blood relative diagnosed at age 50 or older  
☐ Blood relative diagnosed before age 50 or 2 relatives with breast cancer, regardless of age diagnosed

Family history of prostate cancer (father, brother, or son had prostate cancer)  
☐ No  
☐ Yes



Scan with your camera and click the link to open!

## DBCC

The programs of the **Delaware Breast Cancer Coalition (DBCC)** are designed to educate the community, provide outreach to under-served communities, connect survivors to local resources, and enrich the lives of those living with breast cancer while promoting a healthy community.

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