Breast Cancer Basics

What is breast cancer?

Breast cancer is a type of cancer that starts in the breast when something goes wrong and your cells keep making new cells and the old or abnormal ones don't die when they should.

It is estimated there will be 1,240 deaths in Delaware as a result of breast cancer in 2026.

For men the lifetime risk of getting breast cancer is 1 in 755.

What is TNBC?

Triple Negative Breast Cancer (TNBC) is a form of breast cancer that lacks estrogen and progesterone receptors (as well as HER2 protein), and tends to grow and spread more aggressively and is more difficult to treat.

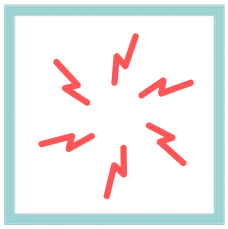
Use the **Black Women's Health Study Breast Cancer Risk Calculator** to calculate your personal TNBC risk.

When to get a Mammogram?

EARLY DETECTION HELPS SAVE LIVES

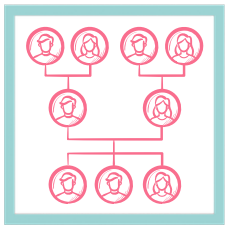
Annually after age 40

or



Breast pain or changes

or



Family history of breast cancer

Call to schedule your screening today:

1-888-672-9647

Be aware of TNBC risks

Triple Negative Breast Cancer (TNBC), data released on March 2, 2023, demonstrated that Black women in Delaware experience the highest rate of TNBC in the country.

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.

https://jamanetwork.com/journals/jamaoncology/article-abstract/2802138?utm_campaign=articlePDF&utm_medium=articlePDFlink&utm_source=articlePDF&utm_content=jamaoncol.2022.7835

SCAN TO LEARN MORE!

4M+

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

Delaware's Most Trusted Breast Cancer Resource

DELAWARE BREAST CANCER COALITION

Wilmington | Dover | Rehoboth

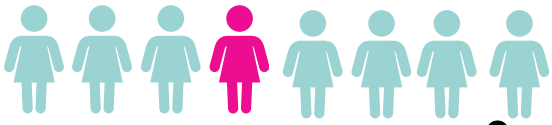
debreastcancer.org

Information and statistics sourced from ACS, 2026

Breast Health Basics

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.

Know Your Risk

Risk factors include anything that increases your chances of getting breast cancer.

Having a risk factor, or even many, does not mean that you are sure to get the disease.

- **Assigned female at birth**
- **Genetics** Inheriting certain gene changes
- **Aging**
- **Family History** (maternal or paternal)
- **Drinking Alcohol**
- **Being overweight or obese**
- **Menopausal hormone therapy**
- **Using birth control with hormones**

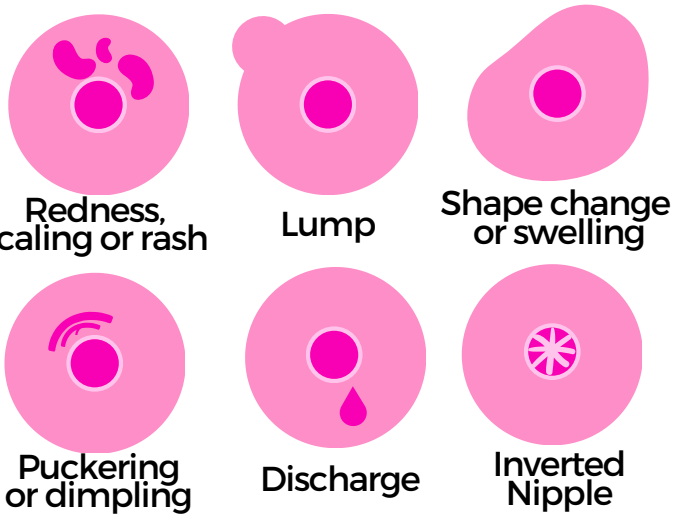
Prevention Tips

- Be Active 75-150 mins of exercise per week
- Maintain a healthy body weight
- Make healthy choices about what goes **in** and **on** your body
- Breastfeed for at least 6 months
- Avoid or limit alcohol
- Talk to your Dr. about your personal risks

Information and statistics sourced from ACS, 2026

Knowing what is normal for your body is important.

Regular self-breast exams can help identify a concern. Report any changes or concerns to your doctor right away.



No doctor? We can help, call:

1-888-672-9647

Early Detection Saves Lives!

DELAWARE BREAST CANCER COALITION

Delaware's Most Trusted Breast Cancer Resource

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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debreastcancer.org