

The Pulse Newsletter



BY THE NUMBERS



13%

The average risk that a woman in the US will develop breast cancer sometime in her life.



About 1 in 10

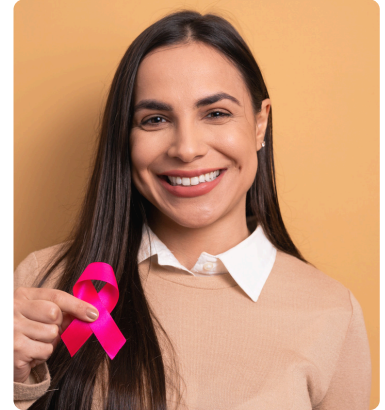
Women diagnosed with breast cancer are younger than 45.

Source: American Cancer Society.

FOCUS

Breast Cancer Awareness

Every October, we come together to raise awareness for breast cancer - one of the most common cancers impacting women worldwide. By spreading knowledge, promoting access and encouraging routine screenings, and supporting research, we take proactive steps toward early detection to significantly increase treatment success and save lives.



DETAIL

Let's talk breast health

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Breast cancer is one of the most common cancers among women in the United States. About 1 in 8 women will develop breast cancer during her lifetime and while breast cancer can also occur in men, it is much less common. The good news is that progress in screening and treatment continues to make a difference. Breast cancer death rates have declined significantly over the past several decades, in large part because cancers are being found earlier and treatments have improved.

Early detection matters. Breast cancer may not cause noticeable symptoms in its early stages, which is why routine screening is important. For people of average risk, the [U.S. Preventive Services Task Force](#) recommends a mammogram every 2 years from ages 40 - 74. It's important that individuals talk with their health care provider about when to begin screening and how often based on their age, family history and personal risk factors.

To learn about the types of breast cancer and the factors that increase the risk of breast cancer, please visit [American Cancer Society](#).



AI AND BREAST CANCER

Artificial intelligence may be able to help identify breast cancers missed by routine mammograms and even identify patterns associated with an increased risk of cancer. Although, there is not enough evidence yet to determine how reliable AI is, the use of it is promising. Here's the [full read](#).