

# Introduction to Early Onset Breast Cancer and Risk Factors — with Audio Descriptive Transcript

## Audio Descriptive Text

- Main slide:
  - Title: Introduction to Early Onset Breast Cancer and Risk Factors.
  - Logos—
    - National Association of Chronic Disease Directors. Promoting Health. Preventing Disease.
    - Centers for Disease Control and Prevention.
- Dr. Maya Hatton talking on screen.
- United States Map showing that—
  - One in eight women will get breast cancer.
  - Of those, one in ten will be under the age of 45.
- Scene showing Dr. Hatton at 28 years old inside of a hospital room reading a book receiving while cancer treatment saying: “I’m too young for this to be happening”.
- Early Onset Breast Cancer:
  - Hereditary.
  - Found at a later stage.
  - Aggressive, difficult to treat.
  - Coupled with unique issues.
- Scene showing Dr. Hatton with others in a support group discussing—
  - Body image
  - Fertility issues
  - Financial concerns
  - Feelings of isolation
- Risk Factors—
  - Family History—
    - Diagram of family history: parents, children, siblings, or other relatives either paternal or maternal.
  - Genetic Mutations with a gene icon—
    - Same diagram for family history showing family members with the BRCA gene.
  - Ashkenazi Jewish Descent with the acronym AJ.
  - African American Heritage with the acronym AA—
    - 2 times higher than other descents.
  - Personal History of Chest Radiation Treatment with a radiation icon—
    - Before age 30.
  - Personal History of Breast Cancer or Ovarian Cancer with ribbon icon on the left. Diagrams showing female reproductive area and breast.
  - Personal History of Other Non-cancerous Breast Diseases (icon of breast with two square dots), such as—
    - Atypical hyperplasia.
    - Lobular carcinoma in situ.
  - Slide showing the seven risk factors with their respective icon mentioned earlier.
- You CAN manage your risk.

- Talk to your doctor.
- Dr. Hatton referring viewers to see the following videos—
  - Talking to Your Doctor.
  - Risk Reduction and Warning Signs.

## Video Summary

1 in 10 women diagnosed with breast cancer are under the age of 45. Learn about the risk factors for early onset breast cancer and find out what to do if you think you may be at risk. Visit [www.cdc.gov/bringyourbrave](http://www.cdc.gov/bringyourbrave) for more resources.

## Audio Script

Hello, I'm Dr. Maya Hatton. If you're under the age of 45, breast cancer might be a distant thought. It's something that happens to other people, older people but well, let's talk statistics.

In the United States, one in eight women will get breast cancer. Of those, one in 10 will be under the age of 45. I was one of them. I was 28 years old just starting my residency when I discovered a lump in my breast. The weeks that followed were scary, confusing, overwhelming and of all the questions and thoughts running through my head, none were more persistent than I'm too young for this to be happening. After my treatment, I decided to devote my career toward raising awareness about breast cancer under the age of 45, also known as early onset breast cancer.

So, first off, what makes early onset breast cancer different from other cancers? A few things set it apart. It's often hereditary, meaning it runs in your family. It's usually found at a later stage. It's generally more aggressive and more difficult to treat and it's usually coupled with unique issues like well, when I was going through my treatment, I joined a support group and during our sessions, we'd talk about a lot of things from body image to fertility issues to financial concerns and feelings of isolation. Now let's talk about risk. Everyone with breasts is at risk for developing breast cancer but some things can increase your chance of developing early onset breast cancer. We call these things risk factors and it's important to know what these risk factors are because it can allow you and your doctor to develop a plan that can help you prevent breast cancer or catch it early when it's easier to treat.

So, what are these risk factors?

Family history meaning if anyone in your family, parents, siblings, children, or other relatives on either your mother or your father's side was diagnosed with early onset breast or ovarian cancer, some people think only your maternal line counts but actually any family history of breast cancer is important especially if more than one relative was diagnosed or if a male relative had breast cancer.

A genetic mutation is a change to certain genes which can be inherited. Having a genetic mutation like in the BRCA or BRCA gene increases your risk of developing hereditary breast and ovarian cancer or HBOC. This means that the cancer is passed from generation to generation in a family.

If you are of Ashkenazi Jewish decent you have an increased chance of having a BRCA genetic mutation that increases your risk of breast cancer at a young age.

African American women under age 35 have breast cancer rates two times higher than white women of the same age.

If you've had chest radiation before aged 30, maybe for a condition like childhood cancer or Hodgkin's lymphoma then you have a higher breast cancer risk. You're also at risk if you've had breast or ovarian cancer in the past making it more likely to develop cancer a second time.

Additionally, some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer now, keep in mind that a risk is just that, a risk. It's a possibility.

Falling into one of these categories does not guarantee what will happen. What's important is knowing your situation and being aware of the steps you can take to manage your risk. If any of these risk factors apply to you, talk to your doctor so you can discuss your concerns and any next steps that need to be taken.

For some tips on how to start that conversation, watch our video on Talking to Your Doctor and whether your risk is average or high, learn the ways you can help reduce your breast cancer risk and discover it early in our Risk Reduction and Warning Signs video.