Background:

- Women with a history of breast cancer have a higher perceived risk of recurrence.
- Women with limited knowledge have lower rates of screening.

Objective:

- Identify disparities in women's knowledge of breast cancer risk factors.
- Determine how perception of risk differs in women with varying risk factors.
- Determine if women have knowledge of medication options for risk reduction.

Methods:

- Anonymous survey of women presenting at the Caldwell Breast Center.
- 2511 participants.
- Diverse backgrounds.
- Designed to measure:
  - Patient characteristics: ethnicity, education, lifestyle factors.
  - Patient knowledge: family history, breast biopsy, smoking, alcohol, weight.
  - Patient opinion: breast cancer is preventable, genetic testing can predict breast cancer.

Table 1: Patient Characteristics

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Mean / Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>56-22-46</td>
</tr>
<tr>
<td>Height</td>
<td>5’4”-5’7”</td>
</tr>
<tr>
<td>Weight</td>
<td>161-90-538</td>
</tr>
<tr>
<td>Age of First Birth</td>
<td>28-11-49</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>African American 1%</td>
</tr>
<tr>
<td></td>
<td>Ashkenazi Jew 4%</td>
</tr>
<tr>
<td></td>
<td>Asian 1%</td>
</tr>
<tr>
<td></td>
<td>Caucasian 75%</td>
</tr>
<tr>
<td></td>
<td>Hispanic 5%</td>
</tr>
<tr>
<td></td>
<td>Indian 1%</td>
</tr>
<tr>
<td></td>
<td>Polish 3%</td>
</tr>
</tbody>
</table>

Table 2: Patient Opinion of Factors Increasing or Decreasing Risk of Breast Cancer

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree
- Unanswered

Table 3: Patient Opinion of Factors Increasing Risk of Breast Cancer N = 2450

- Family History of Breast Cancer: 2295 (94%)
- Family History of Cancer: 1681 (69%)
- History of a Biopsy: 1374 (56%)
- Exercise: 1481 (59%)
- Breast Biopsies: 1324 (51%)
- Obesity: 1156 (47%)
- Use of Contraceptives: 1000 (41%)
- Smoking: 1495 (61%)
- Alcohol Use: 738 (30%)
- Oral Contraceptives: 587 (23%)
- Use of Deodorant: 409 (17%)
- Use of Tampons: 317 (14%)
- Nulliparity: 700 (32%)
- Childbearing After 35: 403 (16%)

Table 4: Patient Opinion of Factors Decreasing Risk of Breast Cancer N = 2399

- Family History of Breast Cancer: 1316 (47%)
- Childbearing at an Early Age: 651 (27%)
- Early Menopause: 146 (6%)
- Modifiable Risk Factors: 442 (18%)
- Weight Loss After Menopause: 935 (39%)
- Smoking: 1995 (61%)
- Alcohol Use: 738 (30%)
- Oral Contraceptives: 587 (23%)
- Use of Deodorant: 409 (17%)
- Use of Tampons: 317 (14%)
- Nulliparity: 700 (32%)
- Childbearing After 35: 403 (16%)

Methods:

- This study identifies many misconceptions among women regarding modifiable risk factors.
- It identifies opportunities for education both of women at average risk and high risk of developing breast cancer.
- It also allows physicians to better educate women already diagnosed with breast cancer regarding long-term risk reduction.

References: