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Incidence and prevention of breast cancer

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Incidence and prevention of breast cancer

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SUMMARY

Breast cancer incidence increases in all industrialized countries. In France, with 41,000 new cases and 10,000 deaths per year for breast cancer is still the first cause of mortality by cancer in women. Genetic familial breast cancers are rare (only~2% due to mutated BRCA1/2 genes). The majority of the increase concerns sporadic cancers due to hormonal, reproductive and nutritional factors, some of them can be avoided. Prevention should include 1) For all women, to avoid risk factors such as alcohol, obesity, smoking, sedentarity and to encourage when possible early first pregnancy and breast feeding. 2) To reduce the use of hormone replacement therapy, in order to decrease the tumor promoter action of ovarian hormones as strongly suggested by the large decreased incidence in the USA following the 50% drop of HRT by post menopause women. 3) For the very high risk women those with BRCA1/2 gene alteration or in situ carcinoma and proliferative atypia, chemo prevention with SERM should be also authorized in France based on several randomized trials with Tamoxifen and Raloxifene. New trials including pre menopausal women and others agents should be encouraged. 4) Risk factors and individual risk factors should be improved and made available to physicians on the web as it is worked out by the US NCI. 5) More basic and translational research on early steps of human mammary carcinogenesis should be encouraged to improve individual targeted prevention of estrogen receptor positive and negative breast cancers.

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[1] Selon le Décret n°2000-570 du 23 juin 2000 «Chez une personne asymptomatique mais présentant des antécédents familiaux, la prescription d'un examen génétique ne peut avoir lieu que dans le cadre d'une consultation médicale d'oncogénétique au sein d'une équipe pluridisciplinaire. Cette équipe doit se doter d'un protocole de prise en charge et être déclarée au ministère de la santé. La personne doit être informée des caractéristiques de la maladie, des moyens de la détecter, des possibilités de prévention et de traitement.»