BREAST CANCER in Europe

It can affect both women and men, although cases of male breast cancer are rare. It is the most common cause of cancer death in Europe for females, accounting for around 17% of all female deaths from cancer.

Approximately 464,000 new cases were diagnosed in Europe in 2012. More than 1,676,000 new cases were diagnosed worldwide.

Symptoms can include:
- A painless lump in the breast
- Change in the size or shape of the breast
- Altered skin texture
- Changes to the nipple
- Breast pain

In 2012, the countries with the twenty highest mortality rates for breast cancer were:

- FYR Macedonia
- Serbia
- Belgium
- Denmark
- Montenegro
- Ireland
- Netherlands
- Malta
- Moldova
- Ukraine
- UK
- Croatia
- Latvia
- Russia
- Bulgaria
- France
- Hungary
- Slovenia
- Lithuania
- Italy

Risk factors for breast cancer include:
- Family history of breast cancer
- Having children later in life
- Early puberty or late menopause
- Presence of BRCA 1/2 gene mutations (uncovered through genetic testing)
- Lifestyle factors (e.g., alcohol use, obesity)
- Use of some oral contraceptives and/or hormone replacement therapy

References:

*European age standardised rates per 100,000