



Triple Negative Breast Cancer

A lock without a key

Presenter Name

Presenter Title





I am
BRENDA.TM



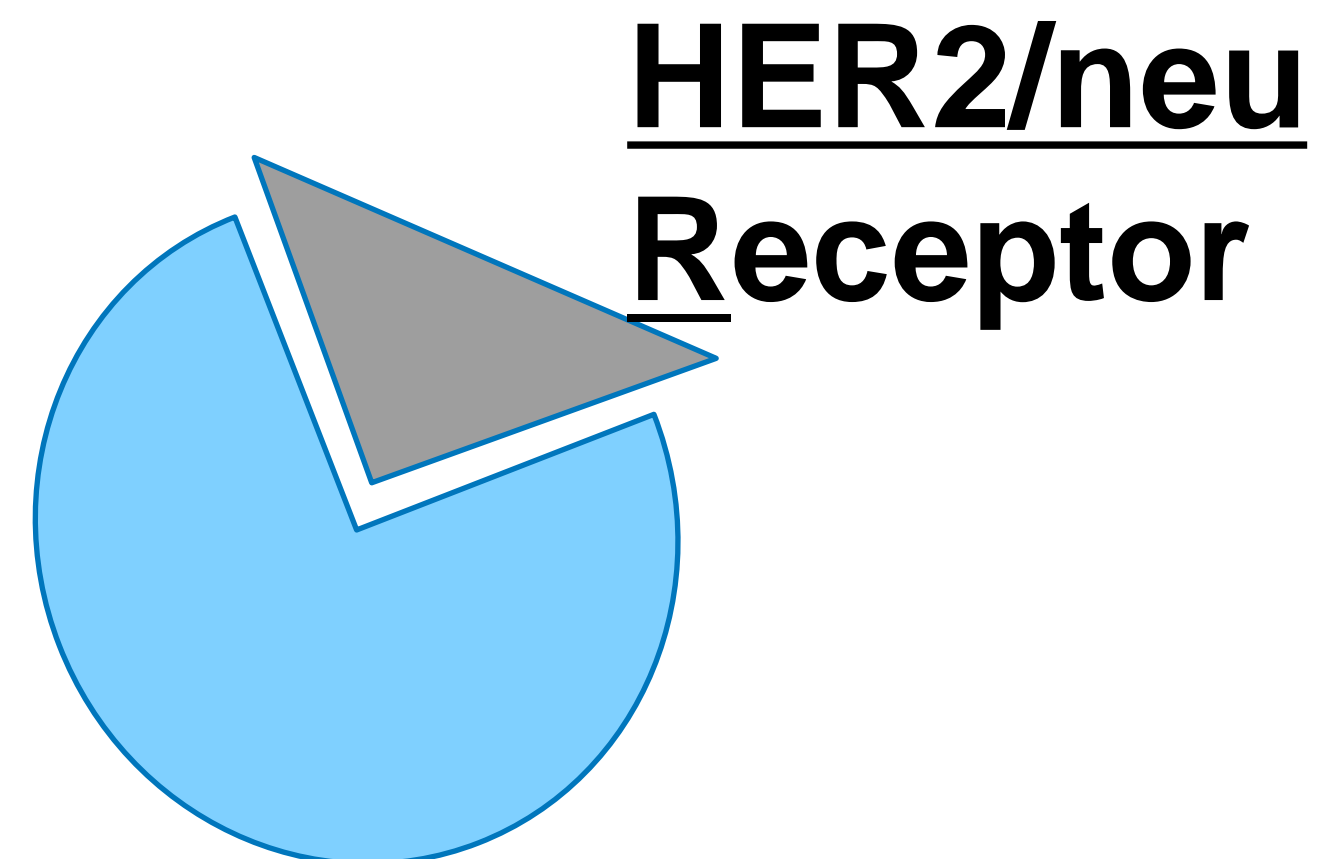


What is Triple Negative Breast Cancer (TNBC)?

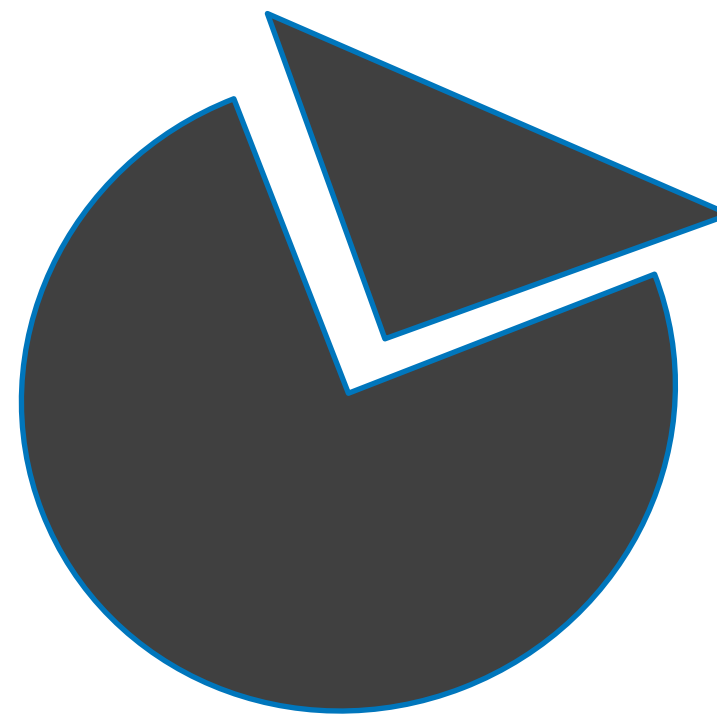


All breast cancers are not the same!

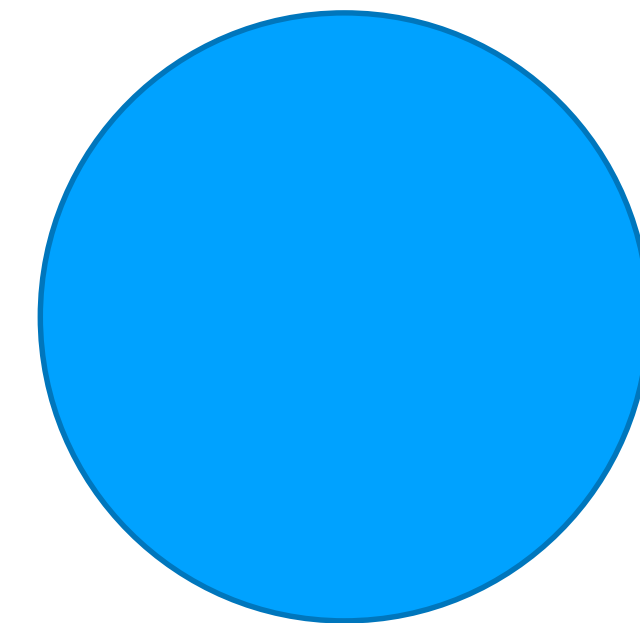
Most breast cancers
have receptors



Progesterone
Receptor



TNBC has
no known receptors





TNBC is not like other breast cancers

- **It is more aggressive and grows faster than most breast cancers.**
- **TNBC can be treated with chemotherapy, but it may come back early and spread to other parts of the body.**
- **TNBC is very hard to treat because there are no known receptors.**

No targeted therapy for TNBC

Targeted therapy:

- Avoids normal cells
- Goes straight to tumor cells

Compared to chemotherapy it offers:

- Better survival rates
- Fewer side effects

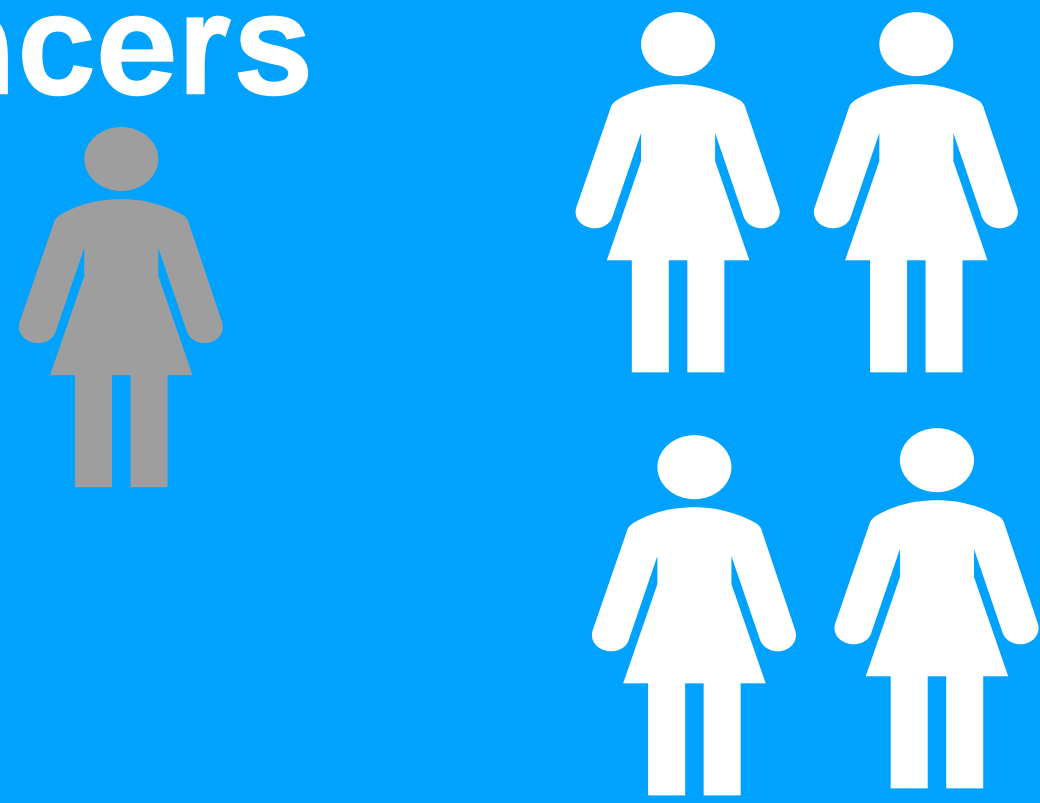




I've never heard of TNBC.
Is it common?

Who gets TNBC?

15-20% of all breast cancers



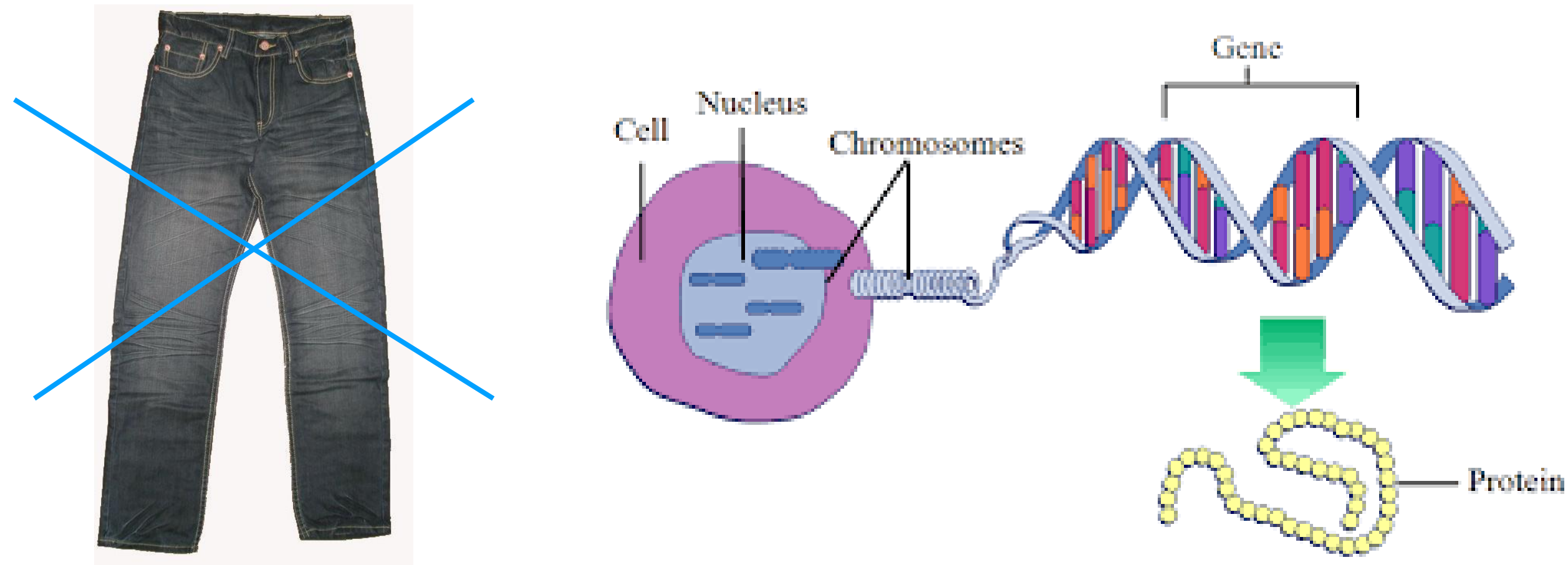
Delaware has more cases of TNBC than other states



TNBC is more common in

- **African-Americans**
- **Younger women**
- **Women with mutations in certain genes (BRCA1)**

It's in your genes



Genes determine

- the color of our eyes
- the shape of our nose
- how tall we are

Genes are the blueprint!



If it's genetic,
is my family at risk?



Reduce your Risk of Breast Cancer

Know your family history !!!

- What family members have or have had cancer?
- What type of cancer?
- What age were they diagnosed?



Reduce Your Risk of Breast Cancer

Genetic counseling

- Tool to assess family history.
- Can aid in identifying women at higher risk to develop breast cancer.
- Can lead to personalized screening based on family history and risk.

<https://christianacare.org/services/genetic-counseling-and-risk-assessment/what-does-a-genetic-counselor-do/>



Reduce Your Risk of Breast Cancer

Genetic Counselors

- Can help you understand how useful genetic testing may be for you before you do it.
- They can tell you about the pros and cons of the test.
- What the results might mean and what your options are.



Reduce Your Risk of Breast Cancer

Talk to your health care provider about **genetic counseling** if you have:

- Several first degree relatives (parent, sibling, child) with cancer (especially breast or ovarian).
- Many relatives on one side who have the same type of cancer.
- A known genetic mutation in one or more family members.

There's a form available that provides guidance for questions you need to answer when considering seeing a guidance counselor.



Reduce Your Risk of Breast Cancer

Confidentiality

- Christiana Care will keep history and genetic testing results — strictly confidential.
- Results will become part of your medical record
- Your genetic counselor will discuss the rights and privacy protections.



Reduce Your Risk of Breast Cancer

Future Testing

- Research scientists are constantly using DNA to see how our genes affect our health.
- Used to advance medical breakthroughs.
- Check in with genetic counseling once a year to see if new tests, screening recommendations or treatments have become available.



Does anything protect women from developing TNBC?



Reduce your risk of TNBC

Breastfeed!!!
(the longer the better)

**Breastfeeding has been shown to
reduce risk of all breast cancers**

BUT ESPECIALLY TNBC




Reduce your risk of any type of breast cancer

- **Reduce consumption of alcoholic beverages.**
- **Exercise at least 2 ½ hours/week.**
- **Nutritious foods.**
- **Do not smoke.**
- **Achieve a healthy body weight.**



Why isn't there targeted therapy for TNBC yet?



“It is a tragedy that women with TNBC are left with the same treatments that were used several years ago and that’s not the same for other breast cancers.”

Genetic research is “imperative because young women around the world are disproportionately dying from TNBC.”



**Dr. Lisa Newman,
MD, MPH, FACS, FASCO**

**Weil Cornell Medicine/ New York Presbyterian
Network**

**Director, Interdisciplinary Breast Oncology
Program**

**Director, International Center for the Study of
Breast Cancer Subtypes**


Adjunct Professor, M.D Anderson Cancer Center

Adjunct Professor, University of Michigan

Komen Scholar



*Helen F. Graham Cancer Center
& Research Institute*



What to do

- To ensure that testing and treatments are **effective in African-American** women, it is important they participate in research and clinical trials.
- *As of 2016, African-Americans only make up 2% of samples used in genetic studies.*



Genetics Registry

% increase of African Americans

- In 2017 to 2018 was 18%.**
- In 2018 to 2019 it was 33%**

The registry data representation of African Americans is increasing but slowly it went from 12.3% in 2017 to 12.6% in 2018 and in 2019 it is at 13%.

This is because the number of Caucasians increased from 16% in 2018 and 28% in 2019. Our outreach is working as the increase in the African American community is greater than the Caucasian community.



**That is a lot of information.
What should I tell my friends
and family?**



Remember!

- **TNBC is not like other cancers.**
- **Genetics matter in TNBC.**
- **African-American women need to be a part of research studies so we don't get left behind.
Doctors don't know if treatments will work the same in all women.**



Remember my name - B R E N D A™!

Breastfeed

Reduce consumption of
alcoholic beverages and sugary drinks

Exercise 150 minutes/week

Nutritious foods

Do not smoke

Achieve a healthy body weight

