

Prevent and Protect from MBD

Understanding your risk of developing metastatic bone disease with breast cancer

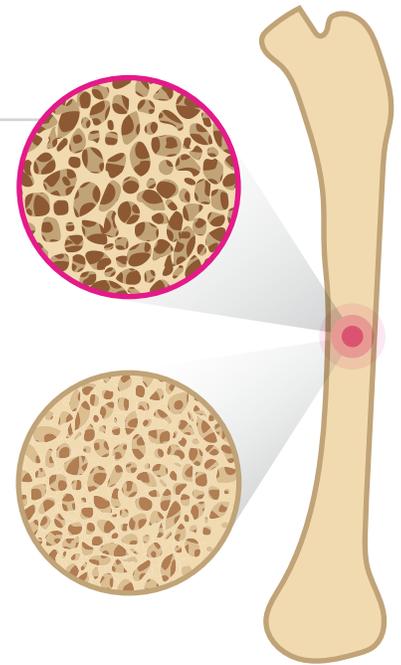
What is metastatic bone disease?

Metastatic bone disease (MBD), or bone metastases, is when cancer in one organ of the body, such as the breasts, spreads to the bones.¹ Cancer can spread to any bone in the body, but the most common sites are the ribs, spine, pelvis and long bones in the arms and legs.²

MBD is considered a common, but very serious complication of cancer that puts patients at risk for skeletal complications called skeletal-related events (SREs). These events can reduce quality of life and increase medical costs and risk of death.³

How do I know if I have MBD?

MBD can develop with or without symptoms, but if a person living with cancer begins experiencing symptoms such as bone pain, bone fractures, constipation, nausea, loss of appetite and/or spinal cord compressions he or she may have MBD.⁴



More than 1.2 million new cancer cases are diagnosed each year. Approximately 50% of these tumors can spread (metastasize) to the skeleton.⁴



In **women, up to 75% of cases are caused by estrogen receptor (ER) positive breast cancer**, which is cancer cells growing in the presence of the hormone estrogen.⁵



In men, **65% to 90% of cases originate from prostate cancer.**⁵



Combined, **breast and prostate cancer account for more than 80% of MBD cases**, although tumors that originate in the lung, kidney or thyroid can also travel to the bone.⁵

If I am diagnosed with MBD what are my treatment options?

With MBD treatment the primary goal is to prevent SRE's as they can significantly impact quality of life. Treatment options that are clinically proven include:⁴



Nonsurgical treatments, such as radiation, chemotherapy or bisphosphonates (a drug that helps prevent bone damage).



Surgical treatment to prevent or treat broken bones by removing the tumor, stabilizing the bone with fixation devices, such as wires or rods, and/or injection bone cement.



Gender:

MBD occurs in both men and women but is particularly common in those with breast or prostate cancer.



Age:

MBD does not typically occur until after the age of 40.



Cancer History:

A person living with cancer, or with a family history of cancer, is at higher risk for developing MBD. MBD can be diagnosed without personal or familial history of cancer.

For more information on breast cancer, please visit

<https://www.tigerlilyfoundation.org/breast-cancer-toolkit/breast-cancer-101/bone-health-and-you/>

References:

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