

Trend of mammography screening and distribution of risk factors among asymptomatic group of women in Kandy District

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Breast cancer ranks the highest among all forms of female cancers in Sri Lanka and amounts to 26%. Early detection through screening with mammography for breast cancer has been recommended for many decades. Aim of this study was to assess the frequency of screening mammography among the subjects and to assess the distribution of risk factors among the subjects who underwent screening mammography.

Asymptomatic women who attended for screening mammograms in mammographic facility in Kandy District were included as subjects. The data on risk factors such as age, hormone replacement therapy (HRT), parity, age at menopause, age at menarche and family history of breast cancer and the number of mammographic views per subject were obtained from the archives. The statistical package SPSS version 20.0 was used in the above analysis.

Among 2980 subjects, 78.4% had undergone only one-screening session. Frequencies of screening sessions 2, 3, 4, 5, >5 were found to be 14.1%, 3.6%, 1.4%, 0.8%, 0.6% respectively. Among the study groups, 40-49 age groups has shown higher tendency to undergo screening mammography (46.3%) and women aged 50-69 years showed nearly 40% (39.9%). Frequency of subjects with risk and no risk according to different risk factors: age, age at menarche, age at menopause, HRT, family history, parity were 5.9% vs 94.1%, 8.7% vs 89.6, 2.6% vs 87.5%, 2.7% vs 97%, 16.0% vs 81.8% and 9.7 vs 85% respectively.

Many studies have shown that routine mammography screening can achieve a breast cancer mortality reduction benefit. According to world literature, National Cancer Institute in United States recommends mammograms every 1 to 2 years for women aged between 40-49 years and annual screening for women aged 50 years and older. In conclusion, the highest frequency of women who attended screening sessions were aged between 40-49 years which is dissentient with the guidelines of National Cancer Control Programme in Sri Lanka which recommends the screening mammography for women who aged between 50-69 years. The risk factors given in the Sri Lankan guidelines did not show any effect on the frequency of the screening sessions. Therefore, it can be considered that the above risk factors had no greater impact on the influence on women to be motivated to undergo screening mammography.