



## REPORT HIGHLIGHTS

- The total number of breast cancer patients and survivors covered by the report was 5,393.

### Risk factors

- 2.9% of patients did not carry any risk factors at the time of diagnosis.
- 82.2% had no family history of breast cancer.
- The three most common risk factors among the patients were lack of exercise (72.5%), no breastfeeding (59.8%) and experiencing a high level of stress (36.1%).

### Screening habits

- The percentages of patients that regularly practised breast self-examination, clinical breast examination, mammography screening or ultrasound screening were 20.4%, 46.6%, 27.4% and 23.2% respectively.
- Patients with higher levels of education and those who were professionals, clerical workers or self-employed were more likely to have regular breast screening.
- Of 3,467 breast cancer cases studied, 13.8% were detected through breast screening. Mammography screening was the most commonly used screening modality. However, the take-up rate of regular mammography screening in Hong Kong was found to be relatively low compared with Western countries:

	Take-up rate of regular mammography screening
Breast Cancer Facts in Hong Kong Report No. 3	27.4%
New Zealand	80.0% <sup>3</sup>
United States	66.0% <sup>4</sup>
Australia	54.9% <sup>5</sup>
Singapore	40.9% <sup>6</sup>
Taiwan	31.6% <sup>7</sup>
Japan	14.2% <sup>8</sup>

## Cancer stage

- Of 3,467 patients, the distribution of cancer stages at the time of diagnosis was compared with the latest statistics of the Hong Kong Cancer Registry (Hong Kong Cancer Statistics 2007)<sup>1</sup>:

	Breast Cancer Facts in Hong Kong Report No. 3	Hong Kong Cancer Statistics 2007
Stage 0	11.6%	—
Stage I	31.1%	28.5%
Stage IIA	28.3%	37.7% (Stage II)
Stage IIB	13.2%	
Stage III	11.4%	13.4%
Stage IV	1.0%	4.7%
Unstaged	3.4%	15.5%

- The median tumour size of invasive breast cancer was 2.0 cm (range: 0.01 cm – 20.1 cm). Of invasive breast cancers, the median size of self-detected tumour was 50% larger than that of screen-detected tumour (self-detected vs. screen-detected: 2.1 cm vs. 1.4 cm).

## Histological and molecular characteristics

	Invasive cancer	In situ cancer
Histological type		
Ductal	84.8%	93.9%
Lobular	4.5%	—
Others	10.7%	—
Molecular characteristics		
ER+	75.3%	76.6%
PR+	63.3%	66.8%
HER2+	23.7%	32.0%
Ki67 index $\geq 14\%$	53.5%	33.0%
ER-PR-HER2-	11.6%	—
Lymphovascular invasion	29.8%	—

ER+: estrogen receptor positive; ER-: estrogen receptor negative

PR+: progesterone receptor positive; PR-: progesterone receptor negative

HER2+: human epidermal growth factor receptor 2 positive

HER2-: human epidermal growth factor receptor 2 negative



## Treatment methods

	Total	Treatment in private sector	Treatment in public sector
<b>Surgery</b>	<b>98.4%</b>	<b>62.0%</b>	<b>38.0%</b>
Breast conserving surgery	38.5%	48.0%	52.0%
Mastectomy	59.9%	24.7%	75.3%
<b>Chemotherapy</b>	<b>63.2%</b>	<b>20.5%</b>	<b>79.5%</b>
<b>Radiotherapy</b>	<b>63.7%</b>	<b>23.2%</b>	<b>76.8%</b>
<b>Endocrine therapy</b>	<b>66.2%</b>	<b>22.1%</b>	<b>77.9%</b>
<b>Targeted therapy</b>	<b>6.2%</b>	<b>28.4%</b>	<b>71.6%</b>
<b>Complementary and alternative therapies</b>	<b>33.5%</b>	—	—

## Psychosocial impact of treatments

- Among all therapies, chemotherapy was considered the most distressing (79.5%).
- Patients who had mastectomy with reconstruction (60.4%) reported a higher rate of discomfort than those who had breast conserving surgery (40.4%) or mastectomy alone (45.3%).
- 75.8% reported lifestyle modifications after diagnosis of breast cancer.
- 62.1% of the patients worried about recurrence. Levels of worry decreased with age but remained unchanged across cancer stages 0-III.

## Recurrence and survival

- The mean follow-up duration in the cohort of 3,375 patients was 3 years.

Overall recurrence	5.3%
Locoregional recurrence	2.6%
Distant metastasis	2.7%
Death from breast cancer	0.2%
Death from unrelated causes	0.0%