



CHAPTER 1

PREVENTION AND EARLY DETECTION OF BREAST CANCER





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Breast cancer is a significant health concern in our community. The incidence in Hong Kong has doubled in the last two decades. In this chapter we summarise the data from self-administered questionnaires in which 5,393 patients provided information about their lifestyle, health background and breast screening habits.

Key findings

I. Risk factors for breast cancer

- 2.9% did not carry any risk factors at the time of diagnosis.
- Over 82% did not have breast cancer in their families.
- The most common risk factors were:
 - ▶ 72.5% Lack of exercise
 - ▶ 59.8% No breastfeeding
 - ▶ 36.1% High level of stress (>50% of the time)

II. Breast examination habits at the time of diagnosis

- 20.4% performed regular breast self-examinations
- 46.6% performed regular clinical breast examinations
- 27.4% performed regular mammographic screening
- 23.2% performed regular breast ultrasound screening
- Habits of regular examinations were associated with higher educational level
- Non-clerical workers and labourers had the lowest rates of regular screening