

Impact of opportunistic screening on Breast Cancer in Hong Kong

乳房普查對香港乳癌狀況的影響

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香港推行乳房普查計劃後乳癌期數之改變

期數	80年代	10年代
0期	<1%	11%
I期	<10%	31%
II期	50%	43%
III期	30%	13%
IV期	10%	2%



- A non-government initiative; operated by the HKBCF since 2007
- The first of its kind comprehensive breast cancer-specific data collection & monitoring system
- Near 10,000 cases collected
- Public access to data analysis – published in Annual report and bulletin



Data from Hong Kong Breast Cancer Registry

Higher rates of early stage cancer in screen-detected cases

Cancer Stage	Overall %	Self detected %	Screen detected %
0	11	8	28
I	31	30	40
II	43	45	26
III	13	15	5
IV	2	2	1

Handwritten annotations in the table:

- Red bracket on the right side of the 'Self detected' column, spanning rows 0 and I, with the number 38.
- Red bracket on the right side of the 'Self detected' column, spanning rows III and IV, with the number 17.
- Green bracket on the right side of the 'Screen detected' column, spanning rows 0 and I, with the number 68.
- Green bracket on the right side of the 'Screen detected' column, spanning rows III and IV, with the number 6.

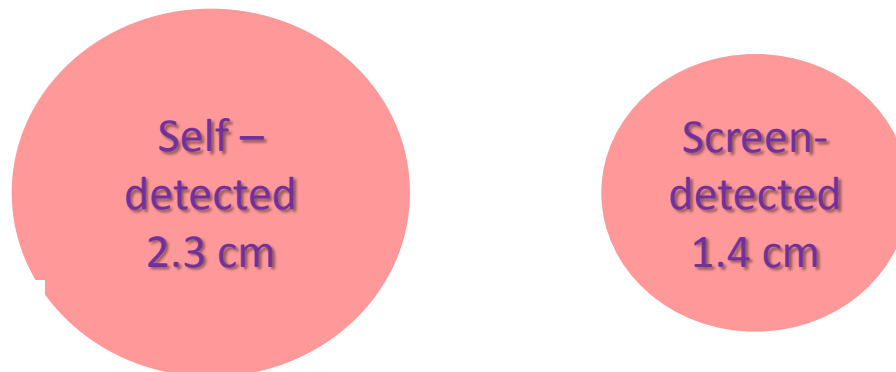
- 70% of the screen-detected cancers were early stage
- significantly higher rate of self-detected cancers were advanced stage

Data from Hong Kong Breast Cancer Registry

Screening Helps Detect Breast Cancer Early

Screening Habit

- Women of older ages, with lower level of education or residing in low-income districts showed lower rates of breast screening.
- Only 13 % of breast cancer cases were detected through routine breast cancer screening
- 87% were detected by patients by chance; 93% felt painless lumps.
- Size of self-detected tumour is 50% bigger



乳癌的比較 - 普查與自我偵測的分別

(香港乳癌資料庫第四號報告數據)

腫瘤/治療特點	乳房X光造影 偵測的癌症 Screen- detected	自我偵測的 癌症 Self-detected	P值 P-value
中值尺寸 (厘米) Median size(cm)	1.4	2.3	<0.001
乳房保留手術比率 Breast-conserving surgery - rate	53.7%	35.0%	<0.001
陰性淋巴結比率 Negative nodal rate	82.3%	57.0%	<0.001
化療比率 Chemotherapy rate	40.3%	74.9%	<0.001

普查偵測的癌症

- 早期癌症佔多數
- 腫瘤較細小
- 較少淋巴結入侵
- 較多採用乳房保留手術
- 較少採用其他癌症相關的治療如化療

乳癌普查計劃

- 婦女應有權知道普查的好處和壞處
- 當婦女做了明智的決定後，應當向婦女提供適當的服務

Free Breast Screening Program

- Support women with low income or financial difficulties to get screened for breast cancer for free
- Our study showed patients living in low-income districts had low screening rates

To date, 4000+ women were subsidised to have screening (and diagnosis when necessary).



FREE BREAST SCREENING PROGRAMME

To protect yourself against breast cancer, start your Breast Screening Programme:

-  **1 Breast Self Examination**
-  **2 Clinical Examination by a nurse/doctor**
-  **3 Mammography Screening**



1 One in every 21 women in Hong Kong gets breast cancer in her lifetime.

2 80% of breast cancer cases are in women aged over 40, the older your age, the higher your risk.

Routine screening can detect early stage breast cancer before it can be felt. Early detection means easier and more effective treatment.

Love yourself Love your family

3 143 7333

www.hkbcf.org

2/F, Appler Tower, 6 Appler Street, North Point, Hong Kong (Nearby MTR station Exit A)



Keep breast cancer away!



Teresa Mo

<p>Eligibility for Free Breast Screening Programme</p> <ul style="list-style-type: none"> • aged 40 and over, holder of HK ID card • recipients of CSSA, Intra-house allowance or • Economic Assistants who pass the means test. • Monthly family income limit: <p>HK\$5,000 (1 person), \$14,000 (2 persons), \$ 16,000(3 persons), \$19,000 (4 persons)</p>	<p>Those who are ineligible for the free services can book a Breast Screening Programme at HK\$750</p>
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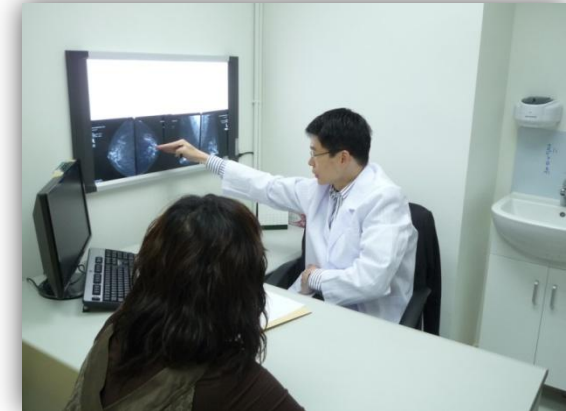


香港賽馬會慈善信託基金會
The Hong Kong Jockey Club Charities Trust

Early Detection Saves Lives

BHC service

- CBE
- MMG
- Nurse to call for result
- BI-RADS system
 - 0: arrange US
 - 1 or 2: arrange next screening
 - 3: arrange follow up scan
 - 4 or 5: doctor consultation session
- biopsy (FNA or core biopsy)



Advocating Breast Cancer Screening



1

Breast Self-Examination



2

Clinical Breast Examination



3

Mammography Screening

	Breast Self-Examination	Clinical Breast Examination	Mammography Screening
Purpose	To be familiar with one's own breasts and to notice changes	Professionals can detect problems patients may miss	To detect calcification or tumours at an early stage
Aged 40 or above	Monthly	Every 2 years	Every 2 years
Aged 20-39	Monthly	Every 3 years	Frequency suggested by your doctor

Hong Kong Breast Cancer Foundation
香港乳癌基金會
Breast Health Centre 乳健中心

香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

單靠自摸，點搏得過？

乳癌是本港女性頭號癌症。每21位女性當中，就有一位可能罹患乳癌*。年紀愈大風險愈高。要有效防範乳癌，女性由40歲開始應該定期進行乳健檢查。

請立即預約的乳健檢查計劃
☎ 3143 7333

非牟利的香港乳癌基金會乳健中心，為你提供專業乳健檢查服務及乳健教育。

2011年10月內致電預約，完成檢查後可獲贈屈臣氏 Watson's 50元現金券一張。
數量有限，送完即止。

乳癌檢測 3缺1不可

1 自我檢查 2 醫護人員檢查 3 乳房X光造影檢查

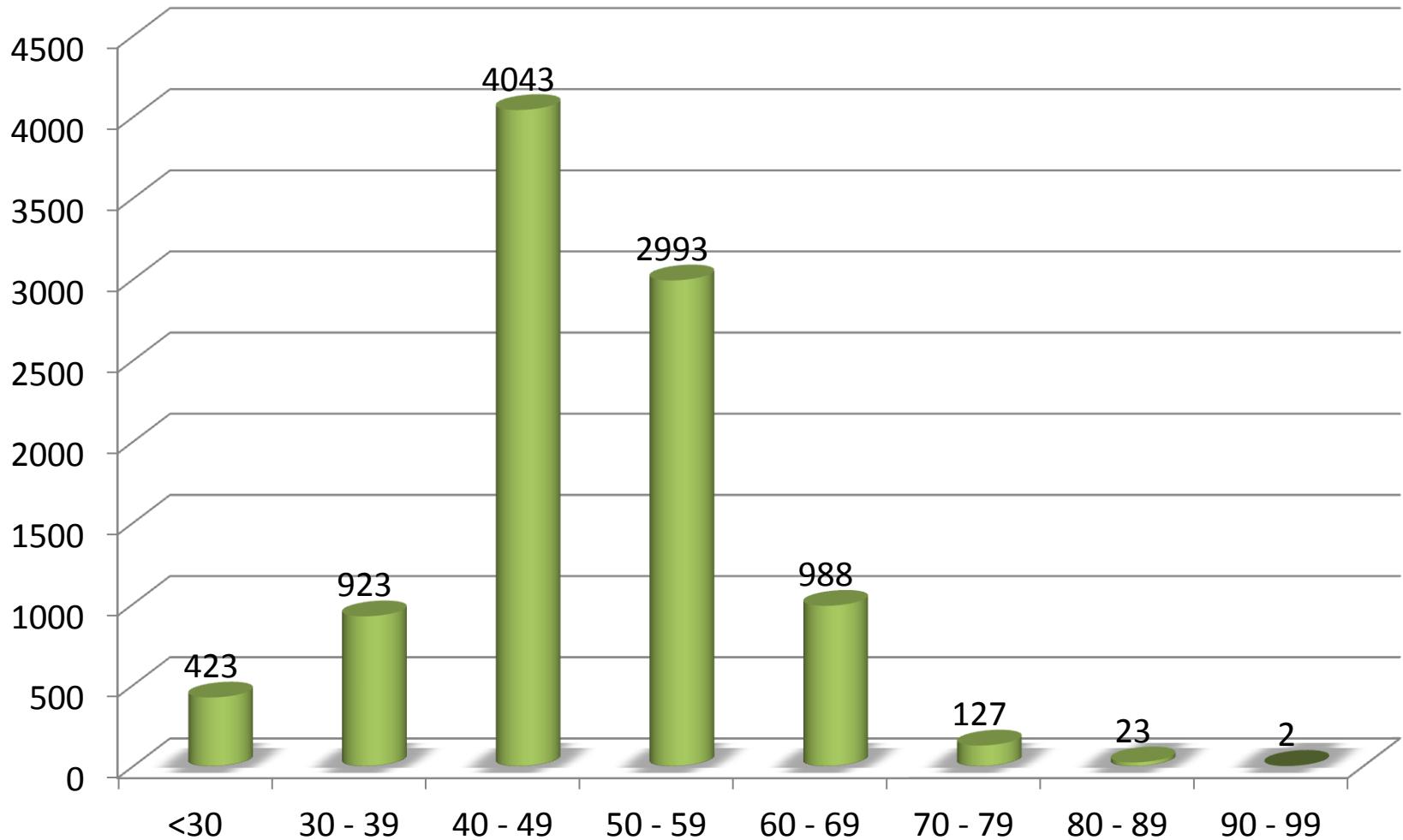
*世界癌症基金會 2009年世界癌症報告

及早發現 治療關鍵 地址：香港北角大馬路9號永興中心21樓（與台山港匯A出口） www.hkbcf.org



Have provided around
10,000 screenings since its
inauguration in May 2011

Age Distribution of All cases



IMAGING DIAGNOSIS BY BI-RADS

May 2011-March 2013

	MMG	USG
0	261	4
1	3196	1453
2	3193	1483
3	684	1336
4A	88	213
4B	61	59
4C	62	52
5	62	74
6	4	2
	7611	4676

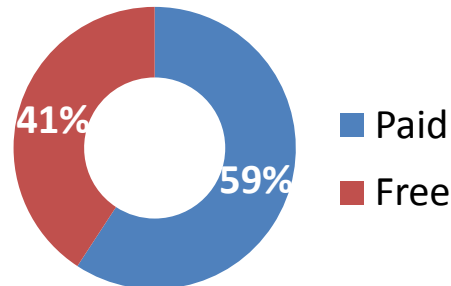
MMG 4-6 =277/7611=3.6%, USG 4-6= 8.6%

- 165 people diagnosed with breast cancer
- Detection rate: 1.73% (much higher than the overseas average of 0.5%)

Background

Subsidized by Hong Kong Jockey Club Charity Trust

- Established in May 2011
- Service
 - CBE by nurse
 - MMG +/- US (radiologist partners)
 - Doctor consultation (biopsy, counselling, referral for treatment)
- Paid vs free



Detection of cancer

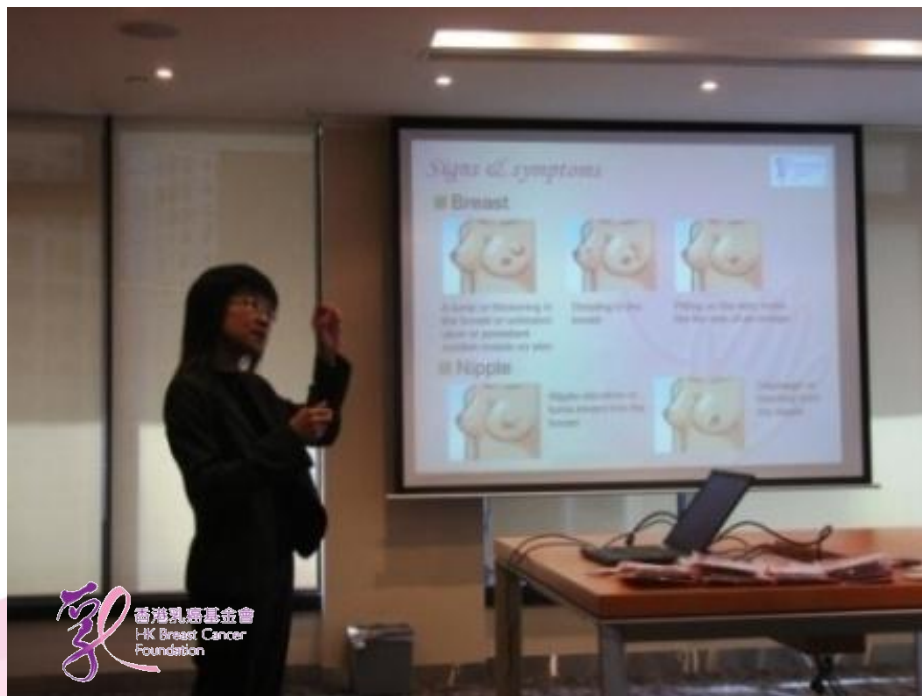
	Come with symptom	asymptomatic cases	Total
Number “screened” 5/2011 – 31/3/2013	2482	7068	9550
Number of cancer detected	123	42	165
Cancer detection rate	4.9%	0.59%	1.73 %
Stage 0	3 (2.7%)	7 (22%)	10
I	28 (25%)	11 (34%)	39
II	52 (47%)	8 (25%)	60
III	25 (23%)	2 (6%)	27
IV	3 (2.7%)		3
No operation done		4	4
Newly Diagnosis			22

Symptomatic cases

- Unmet demand
 - Dubious symptom
 - Cannot afford private health care
 - Wait too long in public system
- Free access (without referral)
- Affordable (price % lower than current private market)
- Fast diagnosis
 - Time to MMG result disclosure: 2-7 days

教育

於公司、團體、學校及社區
舉辦乳健教育講座，提高防範
乳癌的認識和鼓勵養成定期檢
查乳房的習慣



Breast Health Education

May-11 to Mar-13

計劃開展至今，乳健中心曾接觸超過110個團體，舉辦了148 場教育活動，活動遍佈香港16個地區，已接觸超過28, 233名婦女。

港島區	活動數量	九龍區	活動數量	新界區	活動數量
中西區	23	九龍城區	4	葵青區	5
灣仔區	6	油尖旺區	20	沙田區	10
東區	26	深水埗區	22	大埔區	2
南區	4	黃大仙區	7	元朗區	5
		觀塘區	6	屯門區	4
				西貢區	2
				離島區	2
總計	59	總計	59	總計	30

Summary(1)

- **Focused centre** on breast health, providing education, screening and diagnostic assessment
- **Successful in raising awareness** of public. Women with dubious symptoms came for breast check and prevalent cancers in the community were therefore detected, giving a 1.73 % cancer detection rate
- **Bridging service gap** between public and private medical system

Summary(2)

- **Affordable price** for women and free for economically disadvantaged women
- **Quality assured program.** Recruiting experienced mammography service provider according to guidelines of HK College of Radiology
- **Organized program.** Trained breast nurses explain findings to clients, refer those that need assessment according to protocol, instruct breast self exam , conduct clinical breast exam. Arrange recall for regular screening

Summary(3)

- Women with **suspected cancer** underwent diagnostic assessment at Breast Health Centre, thus **shorten waiting time** in public hospital system
- Women with **confirmed cancer** are referred back to public hospital system or doctors of their own choice
- Screening activity are **audited** and reported