



Highlights of Breast Cancer Facts in Hong Kong 2008 Report

- Breast cancer becomes a leading cancer in women since 1994 and is the fastest growing cancer in incidence among women in Hong Kong. Hong Kong tops Asia countries/cities in terms of crude and age-standardized rates of breast cancer.
- Median age at diagnosis of our subjects was 47.6 years in Hong Kong compared with 61 years in USA, 62 years in Australia and 50 years in Singapore. According to Hong Kong Cancer Registry 2006 statistics, incident breast cancers were peak at age 40-59, accounting for about 60% of breast cancer cases in 2006 (< age 40:11%; age 40-49: 33%; age 50-59:26%; age 60-69: 13%; age 70-79: 10%; ≥ age 80: 7%).
- Percentage distribution of risk factors among 1006 subject cohort in Hong Kong were summarized as follows:

Risk factors	Percentage of occurrence (%)
Lack of exercise	74%
No breast feeding	64%
High stress level	40%
Use of oral contraceptives	38%
Overweight/ obese	34%
Nulliparous/ first childbirth >35 years of age	28%
Early menarche (<12 years of age)	17%
Meat/dairy product rich	15%
Use of hormonal replacement therapy	14%
Alcohol drinker	9%
Late menopause (>55 years of age)	8%
Smoker	4%

- Majority of our subjects (80%) were incidental self-discovered, whereas 20% were detected through breast screening modalities such as screening mammogram, screening ultrasound, regular clinical breast examination and regular breast self-

examination. Our figures were comparable to Asian (87% in Singapore) and western counterparts (80% in USA and 75% in Australia).

- Median tumour sizes were 1.7 cm in screen-detected and 2.2 cm in symptomatic cases in Hong Kong, whereas median tumour sizes were 1.8 cm and 2.3 cm among screen-detected cases and symptomatic cases in Singapore.
- According to American Joint Committee on Cancer (AJCC) 2002 Cancer Staging Classification, the distribution of overall cancer stage of our breast cancer cases was:

Cancer stage	Percentage distribution
Stage 0	15%
Stage I	34%
Stage II	38%
Stage III	12%
Stage IV	1%

Distribution of cancer stage among breast cancer cases in Hong Kong were compared with the whites reported in Surveillance Epidemiology and End Results (SEER) Program in the US.

	Breast Cancer Facts in Hong Kong 2008 Report	SEER (Whites)
Localized cancer	60%	62%
Regional cancer	24%	31%
Metastasized cancer	1%	4%
Unstaged	--	3%

香港乳癌實況2008報告重點

◆乳癌自1994年起便成香港婦女最常見的癌症，並且是增長速度最快的婦女癌症。其粗發病率及年齡標準化發病率是亞洲國家或城市之冠。

◆我們的參加者的確診年齡中位數為47.6歲，而美國乳癌病人的確診年齡中位數為61歲、澳洲乳癌病人的確診年齡中位數為62歲、新加坡乳癌病人的確診年齡中位數為50歲。根據2006年的香港癌症統計中心的數字，年齡介乎40-59歲乳癌病人為最多，佔整體2006年乳癌新症約六成（40歲以下：11%；40-49歲：33%；50-59歲：26%；60-69歲：13%；70-79歲：10%；80歲或以上：7%）。

◆1006名本地乳癌病人的高危因素資料的百份比分佈綜合如下：

	百份比 (%)
缺乏運動	74%
從未餵哺母乳	64%
感到高度壓力	40%
口服避孕藥	38%
超重 / 肥胖	34%
從未懷孕 / 首次生育 >35歲	28%
月經過早 (<12歲)	17%
多吃肉類或乳類製品	15%
荷爾蒙補充治療	14%
有飲酒習慣	9%
延遲收經 (>55歲)	8%
有吸煙習慣	4%

◆大部份乳癌病人(80%) 在偶然情況下自行發現乳癌徵狀，餘下20%則是透過乳癌診普查確診，包括定期臨床醫生檢查、乳房X光造影、乳房超聲波檢查或定期乳房自我檢查方法等。香港乳癌實況2008報告的數據與亞洲（新加坡：87%）及西方社會（美國：80%，澳洲：75%）的數據相約。

◆在香港，透過乳癌普查確診的乳癌病人的乳癌腫瘤大小中位數是1.7厘米；在偶然情況下自行發現乳癌徵狀的乳癌病人的腫瘤大小中位數是

2.2厘米。在新加坡，透過乳癌普查確診的乳癌病人的乳癌腫瘤大小中位數是1.8厘米及在偶然情況下自行發現乳癌徵狀的乳癌病人的腫瘤大小中位數是2.3厘米

◆根據2002年美國癌症協會所訂定的分級系統，本港整體乳癌情況為：

癌症期數	百份比 (%)
第0期	15%
第1期	34%
第2期	38%
第3期	12%
第4期	1%

本港乳癌期數的分佈與美國「監測、流行病學及最終結果計劃」(SEER) 白人的乳癌期數分佈作出比對。

	香港乳癌實況 2008報告數據	「監測、流 行病學及最 終結果計 劃」(白人)
癌症範圍局部 在乳房內	60%	62%
癌症擴散至 乳房周邊淋 巴組織	24%	31%
癌症擴散至 其他器官	1%	4%
不明	—	3%



- ♦ Histological and molecular characteristics of invasive breast cancers were tabulated and compared with western figures:

	Breast Cancer Facts in Hong Kong 2008 Report	Western
Histological types		
Ductal	82.7%	91% (Canada) ¹
Lobular	5.3%	8% (Canada) ¹
Others	12%	<2% (Canada) ¹
Molecular characteristics		
ER+	77%	69% (Canada) ¹
PR+	62%	46% (Canada) ¹
HER2+	19%	13% (Canada) ¹
Ki67 index >12-16%	50%	--
ER- PR- HER2-	13%	16% (Canada) ²
Lymphovascular invasion	39%	43% (Canada) ¹

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:
 - 99.8% underwent surgical operation to remove tumours.
 - 71% were treated with radiation therapy.
 - 58% were treated with endocrine therapy.
 - Among invasive breast cancers, 71% were treated with chemotherapy and 11% were treated with targeted therapy.

	Breast Cancer Facts in Hong Kong 2008 Report	Western
Surgery	99.8%	98% (Canada) ¹ / 98% (UK) ³
Breast conserving surgery	61%	44% (Canada) ¹ / 72% (UK) ³
Mastectomy	39%	55% (Canada) ¹ / 26% (UK) ³
Reconstruction among patients with mastectomy	26%	16.8% (USA) ⁴
Radiotherapy	71%	81% (UK) ⁵
Radiotherapy among patients with breast conserving surgery	22%	41% (Canada) ¹
Radiotherapy to chest wall & regional nodal involvement among patients with mastectomy	11%	16% (Canada) ¹
Endocrine therapy	58%	83% (Australia) ⁶
Chemotherapy	71%	78% (Australia) ⁶
Targeted therapy	11%	--
Alternative medicine	8%	28.1% (USA) ⁷

◆ 入侵性乳癌組織學及分子學特性表列如下，並與西方數據作比對：

	香港乳癌實況2008報告	西方
組織學分類		
乳腺管癌	82.7%	91% (加拿大) ¹
乳小葉癌	5.3%	8% (加拿大) ¹
其他	12%	<2% (加拿大) ¹
分子學特性		
雌激素受體呈陽性	77%	69% (加拿大) ¹
黃體素受體呈陽性	62%	46% (加拿大) ¹
上皮生長素受體呈陽性	19%	13% (加拿大) ¹
Ki67 指數 >12-16%	50%	—
雌激素受體呈陰性、黃體素受體呈陰性及上皮生長素受體呈陰性	13%	16% (加拿大) ²
淋巴血管侵蝕	39%	43% (加拿大) ¹

◆ 治療方法：

- 99.8%乳癌病人均接受了乳房切除手術
- 71%乳癌病人接受電療
- 58%乳癌病人接受內分泌治療
- 入侵性乳癌病人當中，71%病人接受化療治療及11%病人採用針對性治療

	香港乳癌實況2008報告	西方
乳癌手術	99.8%	98% (加拿大) ¹ / 98% (英國) ³
乳房保留手術	61%	44% (加拿大) ¹ / 72% (英國) ³
全乳切除手術	39%	55% (加拿大) ¹ / 26% (英國) ³
全乳切除手術後之乳房重建手術	26%	16.8% (美國) ⁴
電療	71%	81% (英國) ⁵
乳房保留手術後接受局部電療	22%	41% (加拿大) ¹
全乳切除手術後於胸壁、或區域性淋巴系列處接受電療	11%	16% (加拿大) ¹
內分泌治療	58%	83% (澳洲) ⁶
化療	71%	78% (澳洲) ⁶
針對性治療	11%	—
另類療法	8%	28.1% (美國) ⁷



- Recurrence was observed in 8 cases (1.3%) of 625 patient cohort with mean follow up of 12.6 months.

	Breast Cancer Facts in Hong Kong 2008 Report	Western figures
Recurrence	1.3%	--
Local recurrence	0.8%	5-year local recurrence rates: 7% (France) ⁸
Distant metastasis	0.5%	5-year distant metastasis rate: 8.5% (France) ⁸
Death from breast cancer	0%	--
Death from unrelated cause	0%	--

¹ Cheang MCU et al. JNCI 2009; 101(10): 736-750
² Carey LA et al. JAMA 2006; 295(21): 2492-2502
³ CancerStats- Breast Cancer-UK 2009 May
⁴ Alderman AK et al. JAMA 2006; 295(4): 387-388
⁵ Sotiriou C et al. PNAS 2003;100(18):10393-10398
⁶ Cuncins-Hearn AV et al. ANZ J Surg 2006;76: 745-750
⁷ Burstein HJ et al. NEJM 1999;340(22):1733-1739
⁸ Touboul E et al. Int J Radiat Oncol Bio Phy 1999;43(1):25-38

- ◆ 追蹤625名參加者的健康狀況及追蹤時間平均數為12.6個月，共有8宗個案（1.3%）乳癌復發

	香港乳癌實 況2008報告	西方
乳癌復發	1.3%	—
局部復發	0.8%	5年期局部復發 率：7%（法國） ⁸
遠端復發	0.5%	5年期遠端復發 率：8.5%（法國） ⁸
死於乳癌	0%	—
死於其他病因	0%	—