

1.4 Breast screening habits

Early detection saves lives. HKBCF encourages women to foster a habit of regular breast screening. The recommendations are as follows:

Age	BSE	CBE	MMG
From 20 to 39	Monthly	Every 3 years	--
40 or above	Monthly	Every 2 years	Every 2 years

BSE: breast self-examination, CBE: clinical breast examination, MMG: mammography screening

Breast ultrasound imaging could be considered for dense breasts evident by mammogram at the discretion of doctor

Habits of breast examinations including breast self-examination, clinical breast examination, mammography screening and breast ultrasound imaging at the time of diagnosis among 959 patients were summarised below.

Breast self-examination

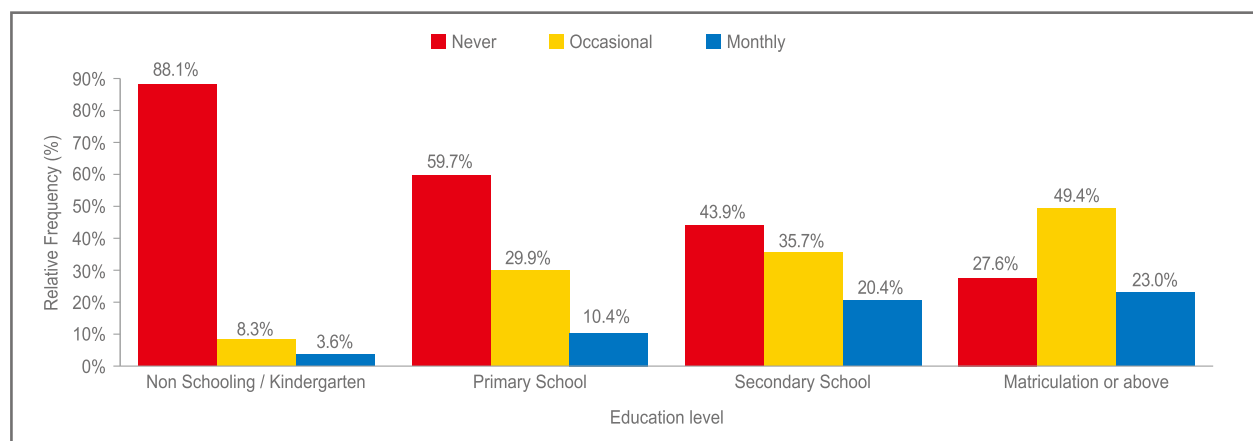
Only 15.9% of the patients performed breast self-examination on a regular basis whereas 84.1% had never or had occasionally practised breast self-examination at the time of diagnosis. Practice of regular breast self-examination in the patients aged 40 or above was 5.8% lower than in the patients aged below 40 (Table 1.4.1). Proportion of practising regular breast self-examination in the patients with lowest education level was 19.4% lower than that in the patients who completed matriculation education (Figure 1.4.1).

Table 1.4.1 Breast screening habits in the two age groups

Breast examination	Overall	Below age 40 (Younger group)	Age 40 or above (Older group)
BSE			
Never	492 (51.5%)	30 (37.0%)	465 (53.1%)
Occasional	312 (32.6%)	34 (42.0%)	277 (31.7%)
Monthly	152 (15.9%)	17 (21.0%)	133 (15.2%)
CBE			
Never	588 (61.3%)	46 (56.8%)	542 (61.7%)
Occasional	123 (12.8%)	10 (12.3%)	113 (12.9%)
Regular	248 (25.9%)	25 (30.9%)	223 (25.4%)
MMG			
Never	773 (80.9%)	64 (79.0%)	709 (81.1%)
Occasional	75 (7.9%)	6 (7.4%)	69 (7.9%)
Regular	107 (11.2%)	11 (13.6%)	96 (11.0%)
USG			
Never	785 (82.2%)	62 (76.6%)	723 (82.8%)
Occasional	82 (8.6%)	10 (12.3%)	72 (8.2%)
Regular	88 (9.2%)	9 (11.1%)	79 (9.0%)

BSE: breast self examination, CBE: clinical breast examination, MMG: mammography screening, USG: breast ultrasound screening

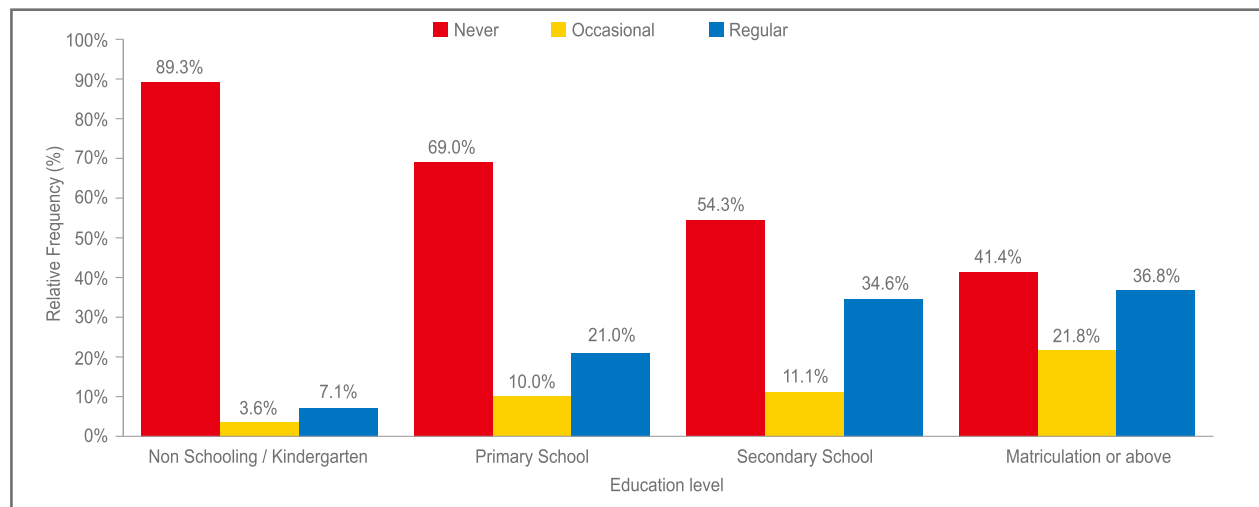
Figure 1.4.1 Habits of breast self-examination at the time of diagnosis by education level



Clinical breast examination

Regular clinical breast examination was performed in 25.9% of the patients whereas 74.1% had never or occasionally practised clinical breast examination at the time of diagnosis. Proportion of practising regular clinical breast examination was 5.5% lower in the patients aged 40 or above than in the patients aged below 40 (Table 1.4.1). Proportion of practising regular clinical breast examination in the patients with lowest education was 29.7% lower than in the patients who completed matriculation (Figure 1.4.2).

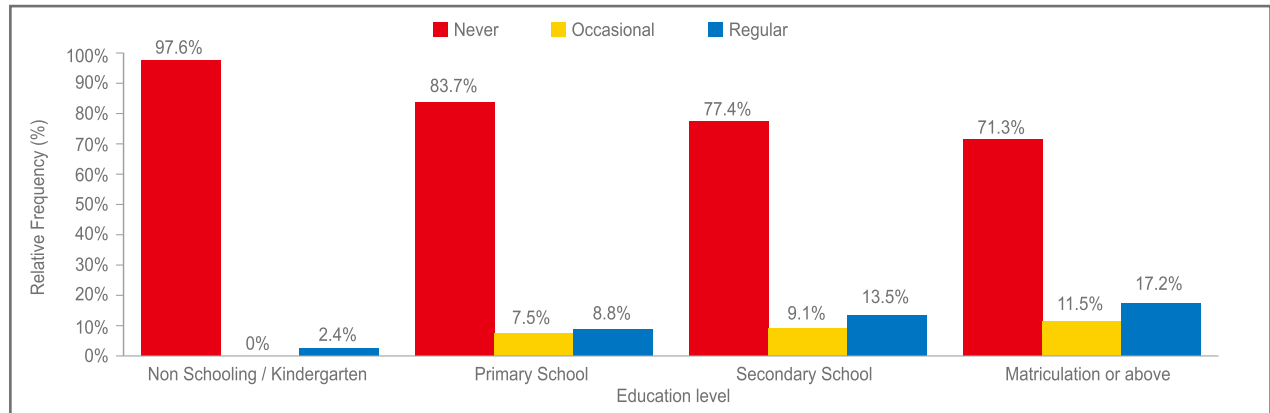
Figure 1.4.2 Habits of clinical breast examination at the time of diagnosis by education level



Mammographic screening

11.2 % of the patients performed regular mammographic screening whereas 88.8% had never or had occasionally performed mammography at the time of diagnosis. Proportion of practising regular mammography in the patients aged 60 or above was 8.9% lower than in the patients aged 40-59. Proportion of patients practising regular mammography in the lowest education group was 14.8% lower than the counterpart in the group with matriculation or higher education (Figure 1.4.3).

Figure 1.4.3 Habits of mammography screening at the time of diagnosis by education level



Breast ultrasound screening

Breast ultrasound imaging is often recommended by doctors for women with dense breast seen on mammography. It was shown that 9.2% of the patients performed regular breast ultrasound imaging. About 90% had never or occasionally performed breast ultrasound imaging at the time of diagnosis. Proportion of practising regular breast ultrasound was 2.1% lower in the patients aged 40 or above than in the patients aged below 40 (Table 1.4.1). Proportion of the patients practising regular breast ultrasound imaging in the lowest education group was 11.6% lower than that in the matriculation or higher education group (Figure 1.4.4).

Figure 1.4.4 Habits of breast ultrasound screening at the time of diagnosis by education level

