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Hong Kong Breast Cancer Foundation

“Updates on Early Detection of Breast Cancer” Seminar

### **Abstract –Current breast screening in public health perspective**

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A successful population based screening programme like cervical screening save many lives. Early treatment of potentially lethal disease does not just prolong life but also improves quality of life in patients because less aggressive treatment will be required. All screening, on the other hand, potentially do harm because it is implemented in apparently healthy population. It can inflict stress and unnecessary treatment in persons with false positive results. Benefits must outweigh the risk in any screening programme. Population based screening requires enormous resources. Careful consideration is therefore necessary in planning or implementation of screening programme.

Breast cancer is undoubtedly a significant health problem in women. Breast screening has been implemented in more than 30 countries all over the world and was shown to reduce up to 15% of mortality. Whether breast screening should be implemented in Hong Kong has always been argumentative despite the increasing popularity and demand of this service among the new generation of women. Whether population based screening is implemented should be based on Wilson & Jungner criteria suggested by WHO. Breast screening in Hong Kong fits most of the criteria with the available data. Unfortunately most available data are obtained either from overseas studies, modeling or studies using opportunistic screening. Also other screening modalities such as ultrasound which may suits Asian population have not been thoroughly examined. Local studies using randomized controlled trial methodology is urgently needed to answer this important public health problem.

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香港乳癌基金會

「乳癌早期檢測新資訊」研討會

## 從公共衛生角度看現行的乳房普查

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一個成功的全民健康普查計劃，如子宮頸癌檢測計劃，可以拯救生命。能夠及早醫治可致命的疾病不單止可以延長生命，也可令患病者接受較少具侵略性的治療，從而改善患病者的生活質素。可是，普查計劃也會為健康的普羅大眾帶來潛在的傷害。普查的假陽性結果可能會為檢查者帶來壓力和不必要的治療。不過，普查計劃的好處總比壞處多。由於推動全民健康普查計劃需要投放龐大的資源，我們必需在規劃或實施檢測計劃之前作仔細考慮。

無疑地，乳癌對婦女來說是一個重大的健康問題。乳癌檢測計劃已在全球多過 30 個國家實行，並減少高達 15% 的死亡率。在香港，即使乳癌檢測計劃在新一代女性中日益普及和需求增加，它應否實施多年來一直也存在爭議性。世界衛生組織亦有建議一些準則 (Wilson & Jungner) 去衡量全民健康普查計劃是否應該推行。在香港，根據現有的數據顯示乳癌檢測計劃均符合那些準則，可是，大部份現有的數據均是從外國的研究，數據分式模型，或使用機會性檢測研究所得來的。此外，過往的研究也沒有徹底研究其他可能適合亞洲人的檢測方法的可行性，如超音波檢查。為了回答這個重要的公共衛生的問題，本地的研究，尤其是採用隨機對照試驗的方法是有迫切的需要。