

Guidelines for Cancer Prevention, Early detection & Screening

Breast cancer

Intervention	Recommendation
Primary prevention	Women should: <ul style="list-style-type: none"> ● eat diets rich in vegetables & fruits ● perform regular physical activity ● avoid alcohol

After due consideration, it is fair to recommend the following:

1. At present, there is insufficient evidence to recommend routine population-based mammography screening to asymptomatic women in Hong Kong as it is still unclear whether screening would cause more good than harm.
2. Women who wish to consider mammography screening in accordance with internationally accepted protocols (e.g. mammography every 1-2 years starting at age 50 or above) should be fully informed of the potential benefits, risks and limitations of screening in order to make an informed choice.
3. Women who are at higher than average risk of breast cancer (e.g. positive family history of breast cancer) should seek medical advice about whether they should receive screening, age to start and the frequency of screening because the risk of developing breast cancer may be sufficiently high to justify mammography screening.
4. The precise age at which to discontinue screening mammography is still uncertain. Most countries do not actively invite women older than 69 years to attend screening.

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