

Prevention of breast cancer of young women in Slovak Republic in region Trenčin

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Abstract

Introduction: Breast cancer is the most common malignancy of the female population; the incidence is increasing mainly statistically between 50s and 60s, 60s and 70s. Recently, however, we meet more often with the occurrence of breast cancer in women in 30s and significantly between 20 and 40 years. For women at this age range in Slovakia, preventive or screening mammography doesn't exist, only sonography and clinical self-examination by touch.

Methodology: In period from 1.5.2005 and 30.6.2016 we performed more than 70,000 mammography examinations and more than 185,000 ultrasound examinations. The youngest patient was 6 months and the oldest was 94 years. Patients were sent for examination by attending gynecologist, general practitioner. Preventive examinations completed asymptomatic women without clinical symptoms. Young women and girls were examined by ultrasound with 18 MHz linear probe, with CFM and elastography. Next if necessary, we performed mammography, MR-mammography a CCB too. During the monitored period we diagnosed 398 new cases of the breast cancer, all cases are verified by histopathology. The age distribution of patients with newly diagnosed cancer we transparently stored in tables and graphs. We focused on women in the age group to 39 and 49-year-old. In the category women between 18s and 39s, we diagnosed 32 new cases of breast cancer, between 40s and 49s - 64 cases. Summary is that, we found 86 new cases of breast cancer in women between 18 and 49 years. We analyzed the different findings, especially with respect to possibility of diagnostic self-examination, combined with ultrasound, MR mammography, mammography and core cut biopsy under ultrasound control. The number of the young women with new diagnosed breast cancer slowly increased. Our aim is the early diagnostics, without vascular cancer and vascular invasivity, without the lymphadenopathy. We retrospectively focused on genetic anamnesis factor, short time of the diagnosis and therapy.

Results: However, despite the fact that Slovakia has enacted preventive investigation of the breast young women from the 20 to 40th of clinically and sonographically, encountered in practice, often with cases of breast cancer diagnosed late.

Conclusion: we highlight the diversity of clinical symptoms and the possibility of imaging diagnostic techniques in the diagnosis of breast disease of young women. We also want to draw attention to some underestimation of clinical symptoms, while revaluation results of sonographic examinations. An important factor is the quality of the ultrasound device and effective consultation and cooperation with other diagnostic departments.

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