

Contents

Foreword	5
Preface	7
Acknowledgements	9
Epidemiology of breast cancer	11
Global overview.....	11
Regional overview.....	11
International collaboration in breast cancer control	13
Natural history, etiology and risk factors	14
Natural history.....	14
Etiology	14
Genetic predisposition	14
Hormonal factors.....	15
Environmental factors	16
Sociobiological factors	16
Physiological factors	17
Pathology of the breast	18
Breast disease	18
Staging.....	19
Clinical course.....	20
Managerial aspects of breast cancer detection	21
Managerial approach	21
Surveillance	21
Protection.....	21
Continuing education	22
Prevention	22
Early detection	22
Care/disease intervention	23
Cancer detection programmes	24
Early detection of cancer	24
Cancer screening.....	24
Screening for breast cancer	26
Screening approach.....	26

Breast self-examination	27
Overview	27
Tactile examination.....	27
Visual examination	30
Breast self-examination costs	32
Mechanisms for improving breast self-examination	32
Clinical breast examination	33
Overview	33
Clinical breast examination technique	33
Clinical breast examination effectiveness	34
Screening mammography	36
Overview	36
Mammograms	36
Mammography reading	38
Other breast imaging techniques	40
Ultrasonography	40
Computed tomography (CT)	40
Magnetic resonance imaging (MRI)	40
Nuclear medicine breast imaging.....	40
Positron emission tomographic screening (PET)	41
Guided breast biopsy	41
Breast mass evaluation	41
Follow-up and cost-effectiveness	42
Physical health follow-up.....	42
Mental health follow-up	42
Cost-effectiveness.....	43
Organization of screening programmes	44
Evaluation of screening programmes	45
Framework for implementation of the guidelines	46
References	49
Annex 1 Participants in the consultation on early detection and screening of breast cancer	51
Annex 2 Consensus opinion of the regional task force for developing breast cancer prevention, screening and management guidelines	52