

Abstract No. 2:

“Early detection of breast cancer in tertiary care hospital in Pakistan: Impact of a dedicated breast unit”

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Introduction: Pakistan is second in Asia, harbouring people with breast cancer. Over the last 20 years, it has been on an alarming rise. Despite this fact, breast cancer hasn't been addressed the way it demands. There is no proper nationwide screening programme that might prove fruitful in early detection and treatment. In the last decade, few steps have been undertaken to lead to an increase in the early detection of breast cancer. Hence, this study has been designed to assess the impact of a dedicated breast service in the early detection of breast cancer.

Materials and Methods: This study was done in Holy Family Hospital, Rawalpindi, which is a 300 bedded public hospital in Pakistan. The establishment of an active and dedicated breast unit at the Hospital took place in 2010. The total number of patients registered with breast outpatient clinics, diagnosed with breast cancer, and the stage they presented in a year have been compared over the last 10 years in the tertiary care hospital.

Results: According to the data, a total of over 6000 patients were seen in the breast unit of Holy Family Hospital, between 2008-2017. Of the total, about 88.7% of patients have been diagnosed as having benign issues, while about 12.3% of the patients were diagnosed with malignant breast problems. In comparison, between 2008- 2012, 36.44% presented early while, between 2013-2017, 65.54% presented with early disease.

Conclusion: In conclusion, a specialized breast unit has been deeply impacted by changing trends, so steps should be taken to enhance efforts, and collaboration with international breast centres to get standardized guidelines for screening can be helpful for the cause.

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