

Breast cancer follow up; is routine mammography indicated?

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BACKGROUND

- Patients enrolled in a self-directed after care programme (SDA) from April 2014
- Holistic assessment by breast care nurses and patient education key
- No planned appointments
- Annual mammography for 5 years post operatively

AIM

- Review of the outcomes from yearly mammography in detecting breast cancer recurrence and new primary tumours in patients with history of breast cancer
- Primary outcome measure: number of cancer recurrences detected by surveillance mammography

METHODOLOGY

- Retrospective analysis of SDA programme from April 2014 to March 2016
- Time to breast cancer recurrence was determined and method of detection noted

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RESULTS

- 352 patients analyses in total
- 1760 mammograms
- Median time to recurrence – 30 months
- 29 recurrences identified
 - 12 locoregional
 - 12 systemic
 - 5 locoregional and systemic

Mechanism of locoregional recurrence detection

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|---------------------------------------|---|-----|
| Surveillance mammography | 4 | 24% |
| Clinical examination | 7 | 41% |
| Non-breast radiological investigation | 5 | 29% |
| Non-breast care doctors | 1 | 6% |

CONCLUSION

- 4 out of 1760 mammograms were positive, suggesting non stratified routine mammography is of limited value
- Despite limited evidence for regular clinical assessment post treatment, practice remains recommended
- Further study needed to determine risk or value along with cost/benefit analysis of routine mammographic follow-up