

**Poster Presentation 17****INCIDENCE OF BREAST DISEASE IN PATIENTS ATTENDING A SPECIALIZED CLINIC FOR SCREENING**

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**Introduction**

The death rate from breast cancer has declined about 20 percent over the past decade in Western countries due, in part, to the ability of increased screening to find the disease at earlier stages. Although, there is more scientific evidence supporting the use of screening tests for breast cancer than for any other type of cancer, routine screening is not practiced in South Asian countries. The objective of this study was to describe the incidence of breast disease in asymptomatic patients who visited a specialized clinic for screening.

**Methodology**

Data was collected from 2048 consecutive asymptomatic patients who attended a specialized breast clinic for mammography and ultrasound examination during the period from August 2002 to December 2006. Diagnosis of breast disease was based on Breast Imaging Reporting and Data System (BI-RADS) of the American College of Radiology.

**Results**

1832(90.2%) had normal mammography and USS findings, 135(6.5%) were diagnosed with benign breast disease, 55(2.7%) were indeterminate and 11(0.5%) were diagnosed with malignant disease. Of the 135 patients with benign breast disease, fibrocystic disease was seen in 85(%) and fibroadenoma in 37(%).

**Conclusions and recommendations**

1. Of the asymptomatic patients who came for screening 0.5% were found to have breast cancer and 90% were found to have a normal mammogram.
2. Fibrocystic disease and fibroadenoma account for 90% benign breast disease in this asymptomatic group.