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Opportunistic breast screening in women using a handheld spectrometer as a screening tool

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Introduction: Breast diseases are the most common diseases of women in reproductive age group and breast cancer is the most common cancer in urban women (second only to cervical cancer in rural women) in India. There is no screening program for breast cancer in India because of lack of awareness and cost issues. There are two randomised trials (Mumbai and Trivendrum trials) that are examining the role of clinical breast examination (CBE) in Indian context and there are promising results, using trained health workers for performing CBE. CBE is subjective and varies with experience. Mammography as a screening tool is resource intense and is costly. An OPD based, user-friendly, hand held tool would be an ideal screening tool in resource poor countries.

Aims & Objectives: To assess the efficacy of a hand held spectrometer for detecting breast lesions in females presenting to OPD at Safdarjang hospital for non-breast related issues.

Materials & Methods: Breast screening was conducted in women >30 years of age who presented to general surgery OPD of Safdarjang hospital with non-breast related issues, using hand held spectrometer, clinical breast examination and ultrasonography/mammography. HPE /FNAC were done wherever indicated and in these cases, Cytology/histology served as gold standard. Outcome was measured as sensitivity, specificity, and positive predictive value, negative predictive value

Results: It is an ongoing study. 74 patients have been screened using hand held spectrometer till the time of submission of abstract. 17 patients with breast lesions could be picked up. No one with breast lesions was missed.

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