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The frequency of breast cancer among young Saudi females with palpable breast lumps: Knowledge that mandates revision of the current practice

Areej Al Nemer

University of Dammam, Saudi Arabia

While the incidence of breast cancer (BCa) shows less geographic variability than many other malignancies such as prostate cancer, the biologic behavior is, however, different. Many local studies have documented the earlier age of onset in Arab females and a more advanced stage at the time of diagnosis. Therefore, we planned to determine the spectrum of pathologies of palpable breast lumps in Saudi females and their significance in different age groups. This knowledge is crucial for modifications in the current screening programs, which is adopted from the international guidelines. All needle biopsies for the complaint of breast mass felt by the female patients were retrospectively included over 4 years. Fisher Exact test was used to determine the age of significant cancer risk. Out of 140 cases met the inclusion criteria, 110 were BCa. The median age of BCa was 46 years. There was 68% positivity for BCa in cases belong to females below 40 years, and 75% in patients aged younger than 50 years. The age of 40 year-old show significant cancer risk. The results showed that almost 4 out of 5 females with palpable breast lumps subjected to needle biopsy had BCa. Although this risk is higher with increased age, BCa is a disease of young in the population under study. Review of the current preventive and management measures is critically needed in our nation. Besides, it is advisable to customize the screening age for each country.

Biography

Areej Al Nemer is an Anatomic Pathology Board certified Pathologist since 2010. She then completed her Breast Pathology Fellowship program from University of Toronto in 2013. Currently, she is working in the University of Dammam and King Fahd Hospital of the University, SA as an Associate Professor and Consultant. She is the presenter of Pathology Department in KFHU breast unit. She has published more than 25 papers in reputed journals and has been serving as peer reviewer for different scientific journals.

aanemer@uod.edu.sa

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