

## When Breast Cancer is In

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### Abstract

Breast cancer is the most frequently diagnosed cancer in women and is the second largest cause of death by cancer in this gender, in Portugal. Several studies and international guidelines consider mammography to be the gold standard for screening of breast cancer.

**Keywords:** Breast cancer; Population screening; Mammography

### Background and Aim

Breast cancer is the most frequently diagnosed cancer in women and is the second largest cause of death by cancer in this gender, in Portugal. Several studies and international guidelines consider mammography to be the gold standard for screening of breast cancer.

In Portugal, there's a discrepancy between the two major institutions that control the population screening for this cancer, the Direção Geral de Saúde and the Liga Portuguesa Contra o Cancro. The first institution recommends screening of all woman 50 years of age or older, and the second one, responsible for the national program of screening for breast cancer, recommends that mammography should begin at the age of 45 and considers all woman without any additional, individual or family risk factors.

This apparent incongruity causes confusion to physicians and patients, especially in Primary Care Services. The goal is to verify if there is any evidence that supports that there exists a reduction of the mortality rate associated with breast cancer in woman with mammography screening between the ages of 40 and 49.

### Method

Article search during the month of December of 2014 using several evidence-based medical databases, in a time between December of 2009 and December of 2014, using MeSH terms such as "breast cancer", "screening" and "mammography". For evidence classification, the strength of recommendation taxonomy (SORT) of the American Academy of Family Physician was used.

### Results

A total of 172 articles were identified and 5 were selected, three of which are guidelines, one randomized controlled trial and one meta-analysis.

### Conclusions

Evidence shows that screening with mammography in woman between 40 and 49 years of age is not recommending. It is important to be aware of the ambivalence between results and the recommendations never forgetting to weight out the health risks and the benefits that are implied in the early diagnosis of this cancer using this method [1-5].

### References

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