

Population Rates of Mammography by Age and Region in NL

Guidelines: Choosing Wisely Canada

1. Don't routinely do screening mammography for average risk women age 40–49 years.
2. Canadian Task Force for Preventive Health: Screen women aged 50–74 years every 2–3 years for breast cancer.

Practice Points

1. The age standardized incidence rate of breast cancer/100,000 women in NL is one of the highest in Canada (129) and the age standardized mortality is the highest in Canada (26.2/100,000 females).
2. Early detection of breast cancer should reduce the risk of dying from breast cancer, although harms from screening include diagnosis of cancers without long-term adverse consequences and false positive results.

Methods

1. Data was obtained from the breast screening database and analysed by age and by region.

Results

- In 2019, 21,554 females had a mammogram, 37 (0.2%) <50 years and 688 (5.3%) ≥75 years in Eastern Health (EH).
- The proportion aged 50–74 years was 94.7% in EH, 92.9% in Central Health (CH), and 95.4% in Western Health (WH).

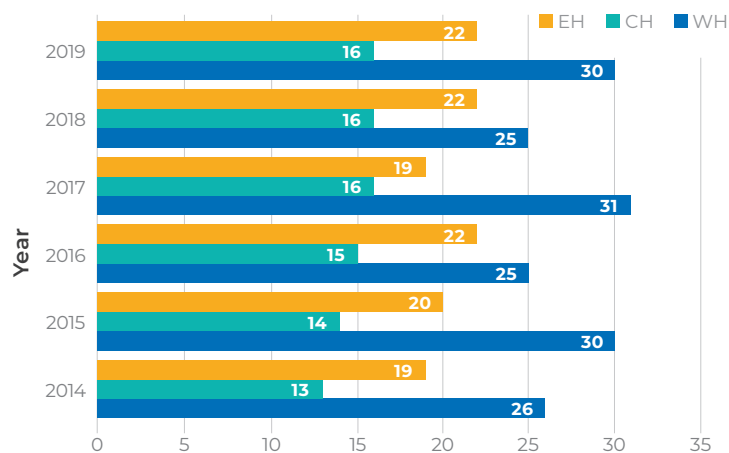


Figure 1. Annual Population Rate of Mammography per 100 Women Aged 50-74 Years by Region From 2014-2019

- WH consistently had the highest rate and CH had the lowest.

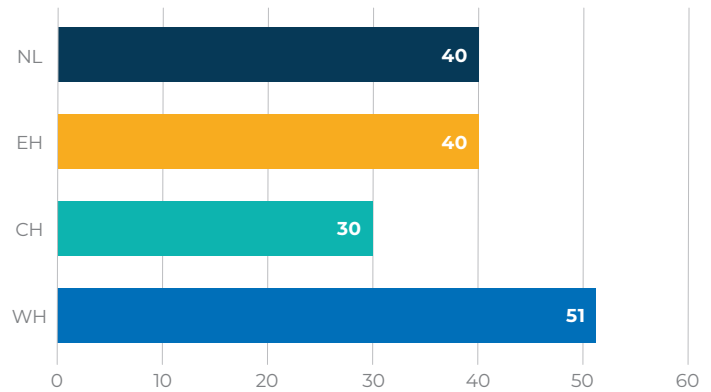


Figure 2 The Population Rate/100 Women of at Least One Screening Mammography Done Over the 3 Years (2017-19) by Region

- The population rate/100 women over 3 years from 2017–2019 by region was 40/100 (22,332/56,425) for EH, 30/100 (5,925/19,650) for CH, and 51/100 (8,257/16,325) for WH.

Conclusions

- 5.5% of mammograms were performed in women aged <50 years or >74.
- The screening rate of at least one mammogram in women aged 50-74 years over 3 years was 40% and does not account for mammograms done outside the screening program ordered by other doctors.
- The lowest rate of mammography was in CH.
- In view of the high mortality rate of breast cancer in NL, efforts to increase the population rate of screening mammography in women 50–74 years are indicated.