

VOLUME 40, NUMBER 12
December 2023

ISSN 0189 - 160X

WAJMJ

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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Breast Cancer Stage at Diagnosis in a Nigerian Hospital: Trend over a Decade

Le Stade du Cancer du Sein au Moment du Diagnostic dans un Hôpital Nigérian: Évolution sur une Décennie

^{1*}O. Olasehinde, ¹A. Aderounmu, ¹F. Wuraola, ²A. Omisore, ¹A. Akinkuolie, ²A. Towoju, ¹T. Mohammed, ³V. Mango, ³P. T. Kingham, ¹A. Adisa, ¹O. Alatise

ABSTRACT

BACKGROUND: Breast cancer outcomes are poor in Nigeria, partly due to late-stage diagnosis. To assess the impact of past and present interventions, a review of an institutional data base was performed to determine the trend with respect to stage at diagnosis over a decade.

METHODS: A retrospective analysis of an institutional data base was performed over a decade. The review period was divided into segments (2013-2015, 2016-2018 and 2019-2022). The latter period (2019-2022), corresponds to a time of more intense community interventions aimed at promoting early diagnosis and treatment around the locality of the teaching hospital. The stage at diagnosis within these periods were compared. The relationship between stage and sociodemographic variables (age, religion, marital status, menopausal status, and level of education) was assessed.

RESULTS: There were 910 patients, 144 within the first period (2013-2015), 318 in the second (2016-2018) and 454 in the third period (2019-2022). The majority presented with stage 3 disease (73.8%). There was a significant decline in the proportion of metastatic cases and a concomitant increase in early cases in the latter part of the review. The proportion of metastatic cases reduced from 23.6% (2013-2015), to 15.7% (2016-2018) and 9.3% (2019-2022) ($p=0.001$). Level of education was significantly associated with stage ($p=0.001$).

CONCLUSION: This study shows a trend towards downstaging of breast cancer in our locality. This trend corresponds to the period of more intense community interventions, justifying the need to further interrogate the direct impact of each of the interventions. This will provide a firm basis for sustaining or improving on current efforts to achieve more robust gains. **WAJM 2023; 40 (12): 1298 - 1303**

KEYWORDS: Breast, Cancer, Stage, Nigeria.

RÉSUMÉ

CONTEXTE: Les résultats du cancer du sein sont médiocres au Nigeria, en partie en raison d'un diagnostic tardif. Pour évaluer l'impact des interventions passées et actuelles, une revue d'une base de données institutionnelle a été réalisée pour déterminer la tendance en ce qui concerne le stade au moment du diagnostic sur une décennie.

MÉTHODES: Une analyse rétrospective d'une base de données institutionnelle a été effectuée sur une décennie. La période de revue a été divisée en segments (2013-2015, 2016-2018 et 2019-2022). La dernière période (2019-2022) correspond à une période d'interventions communautaires plus intensives visant à promouvoir un diagnostic précoce et un traitement autour de la localité de l'hôpital universitaire. Les stades au moment du diagnostic au cours de ces périodes ont été comparés. La relation entre le stade et les variables sociodémographiques (âge, religion, état matrimonial, statut ménopausique et niveau d'éducation) a été évaluée.

RÉSULTATS: Il y avait 910 patients, 144 dans la première période (2013-2015), 318 dans la deuxième (2016-2018) et 454 dans la troisième période (2019-2022). La majorité présentait une maladie de stade 3 (73,8 %). On a observé une diminution significative de la proportion de cas métastatiques et une augmentation concomitante des cas précoces dans la dernière partie de la revue. La proportion de cas métastatiques est passée de 23,6 % (2013-2015) à 15,7 % (2016-2018) et 9,3 % (2019-2022) ($p=0,001$). Le niveau d'éducation était significativement associé au stade ($p=0,001$).

CONCLUSION: Cette étude montre une tendance à la réduction du stade du cancer du sein dans notre localité. Cette tendance correspond à la période d'interventions communautaires plus intenses, justifiant la nécessité d'interroger davantage l'impact direct de chacune des interventions. Cela fournira une base solide pour soutenir ou améliorer les efforts actuels afin d'obtenir des gains plus robustes. **WAJM 2023; 40 (12): 1298 - 1303**

Mots-clés: Sein, Cancer, Stade, Nigéria.

¹ Department of Surgery, Obafemi Awolowo University, Ile-Ife, Nigeria.

² Department of Radiology, Obafemi Awolowo University, Ile-Ife, Nigeria.

³ Memorial Sloan-Kettering Cancer Center, New York, USA

Correspondence: Dr O. Olasehinde, Department of Surgery, Obafemi Awolowo University, Ile-Ife. Email: oolasehinde@oauife.edu.ng