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Practice of Mammography in a Private Nigerian Cancer Foundation: Our Experience

Pratique de la Mammographie dans une Fondation de Lutte contre le Cancer au Nigeria : Notre Expérience

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ABSTRACT

BACKGROUND: Despite the proven effectiveness of mammography in screening and early breast cancer detection, there is still a huge disparity in both access to breast care and the quality of services provided in Nigeria. Non-governmental organizations (NGOs) have attempted to bridge this gap through awareness campaigns and subsidized breast imaging services.

OBJECTIVES: To document the mammographic findings of adult females in a private NGO and assess the benefits of mammography practice in our locality

MATERIAL AND METHODS: This was a retrospective evaluation of mammographic examinations carried out over a two-year period (January 2020- December 2021) in a private cancer foundation in Abuja, North Central Nigeria. Demographic details, clinical and mammographic features were analyzed with a statistical level of significance set at $p \leq 0.05$.

RESULT: The age range of 565 women evaluated in this study was 31-84 years with the majority (55.7%) of them in the 40-49 year range.

More than half (52.7%) of the women had had at least one previous mammogram. Screening was the predominant indication for mammograms in 361 women (63.9%) while 204(36.1%) were symptomatic. Breast pain (59.6%) and breast lump (26.3%) were the most common clinical indications. The predominant breast density pattern was the American College of Radiologists Breast Imaging and Reporting Data System (ACR BIRADS) type B (Scattered fibroglandular densities) in 241 women (42.7%). Mammogram was normal in 206 women (34.7%) while 52 (8.8%) had intraparenchymal findings. The final assessment showed that most of the mammograms were BIRADS category 1(69.6%) and 2(13.8%) signifying normal and benign findings. Body mass index, parity, age at first pregnancy, menopausal status, and breast density had significant relationships with the final BIRADS category.

CONCLUSION: Mammography is an invaluable part of breast care in our locality. Evaluation of mammographic services in our private NGO showed a predominance of screening mammography while a majority of the women with symptomatic breast diseases had normal and benign findings. **WAJM 2024; 41 (4): 381 - 386.**

KEY WORDS: Mammography, Women, Nigeria, Breast care, Breast imaging, non-governmental organization.

RÉSUMÉ

CONTEXTE: Malgré l'efficacité avérée de la mammographie dans le dépistage et la détection précoce du cancer du sein, il existe encore une énorme disparité tant dans l'accès aux soins du sein que dans la qualité des services fournis au Nigeria. Les organisations non gouvernementales (ONG) ont tenté de combler cette lacune grâce à des campagnes de sensibilisation et à des services d'imagerie mammaire subventionnés.

OBJECTIFS: Documenter les résultats mammographiques des femmes adultes dans une ONG privée et évaluer les avantages de la pratique de la mammographie dans notre localité.

MATÉRIEL ET MÉTHODES: Il s'agissait d'une évaluation rétrospective des examens mammographiques réalisés sur une période de deux ans (janvier 2020 - décembre 2021) dans une fondation de lutte contre le cancer privée à Abuja, au Nigeria. Les détails démographiques, les caractéristiques cliniques et mammographiques ont été analysés avec un niveau de signification statistique fixé à $p \leq 0,05$.

RÉSULTAT: La tranche d'âge des 565 femmes évaluées dans cette étude était de 31 à 84 ans, la majorité (55,7 %) d'entre elles se situant dans la tranche d'âge de 40 à 49 ans. Plus de la moitié (52,7 %) des femmes avaient déjà subi au moins une mammographie précédente. Le dépistage était l'indication prédominante pour les mammographies chez 361 femmes (63,9 %), tandis que 204 (36,1 %) étaient symptomatiques. Les douleurs mammaires (59,6 %) et les masses mammaires (26,3 %) étaient les indications cliniques les plus courantes. Le motif de densité mammaire prédominant était de type B du système de notation et de rapport d'imagerie mammaire du Collège Américain des Radiologues (ACR BIRADS) chez 241 femmes (42,7 %). La mammographie était normale chez 206 femmes (34,7 %), tandis que 52 (8,8 %) présentaient des anomalies intraparenchymateuses. L'évaluation finale a montré que la plupart des mammographies étaient classées BIRADS catégorie 1 (69,6 %) et 2 (13,8 %), ce qui signifie des résultats normaux et bénins. L'indice de masse corporelle, la parité, l'âge à la première grossesse, le statut ménopausique et la densité mammaire avaient des relations significatives avec la catégorie BIRADS finale.

CONCLUSION: La mammographie est un élément inestimable des soins du sein dans notre localité. L'évaluation des services mammographiques dans notre ONG privée a montré une prédominance de la mammographie de dépistage, tandis que la majorité des femmes atteintes de maladies mammaires symptomatiques présentaient des résultats normaux et bénins.

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MOTS-CLÉS: Mammographie, Femmes, Nigeria, Soins du sein, Imagerie mammaire, Organisation non gouvernementale.

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ABBREVIATIONS: NGO: Non-Governmental Organizations; **WHO:** World Health Organization; **MCF:** Medicaid Cancer Foundation; **ACR-BIRADS:** American College of Radiologists - Breast Imaging Reporting and Data System