

A Strong Plan to Improve and Increase Breast Care

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Abstract:

Introduction: A new Public Diagnostic Breast Care Centre will be established in Hobart under a re-elected majority Liberal Government, making it easier for Tasmanians to access imaging. “Under our 2030 Strong Plan, we know that around 10 per cent of women receive abnormal screening result, around 3,500 Tasmanians”.

Using the Triple Test approach with ultrasound at the Breast Clinic Holland over the last 25 years, we focus on women with dense breasts under 55 years. This approach can improve and complement the existing service, like in the USA.

Methods: Annually, more than 500 women are consulting the Breast Clinic Foundation in Amstelveen, near Amsterdam in the Netherlands, for diagnostic breast care with ultrasound and teaching breast-self-examination instead of the painful X-ray procedure, called mammography.

Results: most women have dense breasts, or known to have cysts, a group of 10% of clients have implants and are advised by their plastic surgeons not to have the protheses crushed between 2 plates

In 49% of women no abnormalities are found.

In 45% of women small cysts are found as explanation for the tenderness.

In 5% of young women fibroadenomas are found.

In 1% of women a suspicious lesion is found with need for histopathology.

Conclusion: We find with our triple test approach suspicious lesions in only 1 percent of women with the need for further investigation. Especially the overdiagnosis of microcalcifications without mass is prevented by this triple test approach.