

## 50歳未満の女性において年1回のマンモグラフィーにより乳房切除術のリスクが低下する

年1回のマンモグラフィーを40歳から開始することにより乳房切除術のリスクが低下する

Annual screening mammography beginning at age 40 reduces mastectomy risk

40～50歳の女性において年1回のマンモグラフィー検査を受けることにより乳がんに対する乳房切除術のリスクが非常に低下するとのスタディ結果が2010年RSNAで発表された。研究者らは乳がんと診断されLondon Breast Instituteで治療を受けた40～50歳の女性の臨床データを解析した。2003～2009年に971人の女性が乳がんと診断された。診断時に393人（40%）が50歳未満であり、うち156人がこの施設で治療を完了した。治療された女性のうち114人（73%）が過去のマンモグラムを有していなかった。42人は過去にマンモグラフィーによるスクリーニングを受けており、うち29人が過去2年以内のマンモグラムを有していた。そのうち16人が過去1年以内のマンモグラムを有していた。データから、過去1年以内にスクリーニングを受けた女性16人中3人（19%）において必要な治療法が乳房切除術であるとされ、一方、過去1年間にスクリーニングを受けなかった女性140人のうち乳房切除を必要とされたのは64人（46%）であることが示された。

### Full Text

Having a yearly mammogram greatly reduces the risk of mastectomy following breast cancer in women between the ages of 40 and 50, according to a study being presented at the 2010 annual meeting of the Radiological Society of North America (RSNA).

"The results of this study support the importance of regular screening in the 40 to 50 age group," said lead author Nicholas M. Perry, M.B.B.S., F.R.C.S., F.R.C.R., director of The London Breast Institute at The Princess Grace Hospital in London. "Women in this age group who had undergone mammography the previous year had a mastectomy rate of less than half that of the others."

An estimated 207,090 new cases of invasive breast cancer will be diagnosed in American women in 2010. Currently, the American Cancer Society recommends annual mammography screening for women beginning at age 40 in the U.S., but last year, the U.S. Preventive Services Task Force recommended changing the guidelines to begin screening biennially (every other year) at age 50. There are no routine screening guidelines for women under 50 in the U.K.

The researchers studied the benefits of screening women between the ages of 40 and 50, the frequency of mammography and the type of treatment after breast cancer diagnosis.

Dr. Perry and colleagues reviewed the clinical data available on women from 40 to 50 that had been diagnosed with breast cancer and treated at The London Breast Institute. Between 2003 and 2009, 971 women had been diagnosed with breast cancer. At the time of diagnosis, 393 (40 percent) of the women were under 50, with 156 of these women completing treatment at the center. Of the treated women, 114 (73 percent) had no prior mammograms. Forty-two women had been previously screened with mammography, of whom 29 had at least one mammogram within the previous two years. Of those, 16 women had a mammogram one year prior.

"We reviewed the records of the women needing mastectomy to determine whether or not they had undergone mammography the previous year," Dr. Perry said. "We were surprised at the degree of benefit obtained from yearly screening in this age group."

Data showed that mastectomy was the required treatment for 3 (19 percent) of the 16 women who had been screened the prior year, compared to 64 (46 percent) of the 140 women who had not been screened in the past year.

"Regular screening is already proven to lower the chance of women dying from breast cancer," Dr. Perry said. "The results of our study support the importance of regular screening in the under-50 age group and confirm that annual mammography improves the chances of breast conservation should breast cancer develop."

Dr. Perry's coauthors are Sue Milner, B.Sc., D.C.R., Kefah Mokbel, M.B.B.S., M.S., F.R.C.S., Stephen W. Duffy, B.Sc., M.Sc., and Katja Pinker, M.D.

## TOPICS

### Cardiology

冠動脈CTAから睡眠時無呼吸と動脈硬化の関連性が認められた

### Oncology

医療用放射線によるがんのリスクは過大評価されていた可能性がある

乳がん既往歴を有する女性はMRIでスクリーニングすべきである

50歳未満の女性において年1回のマンモグラフィーにより乳房切除術のリスクが低下する

### Psychiatry

ウォーキングはアルツハイマー病の進行を遅延させる

診断の不確定により不安が増強する