

Short Communication

The utility of routine breast ultrasound screening in Gynecology

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The aim of this analysis was to ascertain whether the inclusion of routine ultrasound (US) examination of the breast [1, 2] in a low-risk gynecologic population is of value.

Routine ultrasonography of the breast was performed in a group of gynecological patients (570 women, aged 20 to 40 years) who were symptomless. All patients underwent a routine breast examination in the first two weeks of the menstrual cycle. First, bimanual examination in the lying, standing, and sitting position, with both hands up and then down resting on the hips was performed. Afterwards ultrasonography (US) examination (sound linear 4MHz) was carried out; in certain cases a Papanicolaou smear of secretions was also performed.

Breast US revealed that 62% of the patients had microcystic dysplasia thereby needing serial examination; 21% had cystic tumors necessitating biopsy; 14% had fibroadenomas; 2.6% (15 women) had ductal carcinoma.

We suggest that routine US examination of the breast be included in every gynecologic visit together with manual examination. By providing women with a routine US examination of the breast, we may bypass the fear of women who are reluctant to directly access an oncologic division where the diagnosis of breast cancer is usually made.

Routine ultrasonography of the breast should be included in every gynecologic examination even in a low-risk patients.

References

- [1] Ueno E., Tohno E., Itoh K.: "Classification and diagnostics criteria in breast echography". *Jpn J. Med. Ultrasonics*, 1996, 12, 19.
- [2] Howery D. H., Bills W. R.: "Visualisation of soft tissue structures of the body". *J. Lab. Clin. Med.*, 1998, 40, 579.

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