

## **Breast Cancer Risk Assessment among Bahraini Women**

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**Objective:** To estimate breast cancer risk among Bahraini women aged 35 years and older attending primary healthcare centers.

**Setting:** Primary healthcare centers.

**Design:** Cross sectional descriptive study.

**Method:** One hundred seventy-two women aged 35 years and older were assessed for the risk of invasive breast cancer risk using the modified Gail model. The study was performed from 1 February to 31 May 2005. A questionnaire was used to collect information on five years and lifetime breast cancer risks.

**Result:** Four percent of the women had a high risk ( $\geq 1.76\%$ ) of breast cancer making them eligible for breast cancer health prevention strategies. A mean of 5 years risk ( $0.7\% \pm 0.37$ ) and a mean of lifetime risk ( $9.3\% \pm 3.0$ ) were computed.

**Conclusion:** Four percent of the women aged  $\geq 35$  years had high breast cancer risk based on the Gail model which makes these women eligible for preventive strategies and close follow-up by specialists in the field.