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Cancer risk assessment in primary care - pilot study

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Background: Hungary is amongst countries with the highest cancer morbidity and mortality. Therefore it is important to study lifestyle and family history risk factors for cancer. We studied the feasibility of risk prediction in primary care for the most common cancers in the general population in order to tailor screening and lifestyle recommendations.

Methods: A pilot study was conducted in a mid-sized town in Hungary with 15 patient's self-reported questionnaire to the most common risk factors and family history for breast and colon cancer. We used the Referral Screening Tool, the FSH-7, the Ontario Family History Tool, the Manchester Scoring System (based on the USPSTF guideline recommendation) and the Tyrer-Cuzick model for breast cancer risk calculation and the NCI Colorectal Cancer Risk Assessment Tool for colon cancer risk.

Results: The most common cancer lifestyle risk factor was obesity (BMI > 25 kg/m²), the most commonly used screening tests were Chest X-ray and PSA. Family history (first or second degree relative) was positive in 80%. Self-reported family history for cancer was controversial, incomplete and imprecise.

Conclusion: To access family history and lifestyle risk factors for cancer risk assessment and calculations, a trained health care professional is required. Chest X-Ray and PSA tests are the most common screening examinations in spite of USPSTF and national recommendations. Further study needs with larger sample size of patients.