Assessing Breast Cancer Screening Websites for Spanish Translated Education Information

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RESEARCH QUESTION

To what extent do academic and community medical center websites in the U.S. provide Spanish-translated information on mammography screening and related information, and how does the availability of such information differ between these two types of institutions?

BACKGROUND

- Breast cancer is the second leading cause of cancer deaths among U.S. women, disproportionately affecting Black and Hispanic women.
- Hispanic/Latina women, particularly those with Indigenous American roots, have lower breast cancer rates yet face higher advanced-stage diagnoses than non-Hispanic whites (NHWs).
- This disparity is partly due to lower screening rates and barriers such as insufficient insurance, high costs, and language and literacy challenges.
- Medical centers could utilize the internet to bridge these gaps, offering Spanish-translated breast cancer screening information online.
- This study will assess the availability of these digital resources for breast cancer screening.

Results

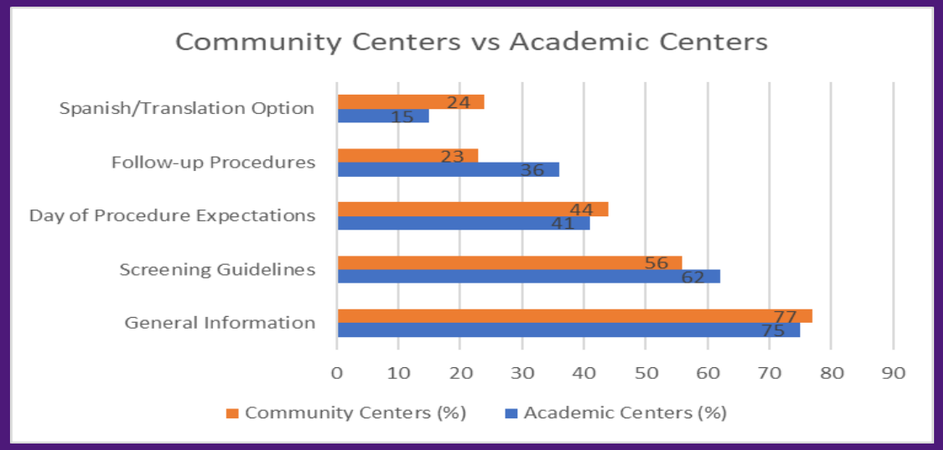


Fig 1 - Comparison of breast cancer screening information between community and academic center websites. Community centers (orange) and academic centers (blue) are compared across five categories: General Information, Screening Guidelines, Day of Procedure Expectations, Follow-up Procedures, and Spanish/Translation Options.

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Data acquisition

Web resources will be assessed for information availability in Spanish including:

- Basic mammography knowledge
- Information on breast cancer risk factors
- screening recommendations
- Follow up care
- Screening risks and benefits
- Visibility of key words in search engine



What is breast cancer screening?

Breast cancer happens when cells that are not normal grow in one or both of your breasts. Screening tests can help find breast cancer early. They can find some cancers that are too small to feel or before they cause other symptoms. Breast cancer may be easier to treat when it's found early.

Having concerns about breast cancer is common. That's why it's important to talk with your doctor about when to start and how often to get screened for breast cancer.

How is breast cancer screening done?

Screening tests for breast cancer include:

Mammogram.

This test uses X-rays. During a mammogram, a machine squeezes your breasts to make them flatter and easier to X-ray. With a screening digital mammogram (DM), one picture is taken from the top and one is taken from the side. With a 3D mammogram, X-rays are taken from many angles to make a 3D image of the breast. A 3D mammogram is also called digital breast tomosynthesis, or DBT.

¿Qué son las pruebas de detección del cáncer de seno?

El cáncer de seno (mama) ocurre cuando crecen células que no son normales en uno o en ambos senos. Las pruebas de detección pueden ayudar a encontrar el cáncer de seno temprano. El cáncer es más fácil de tratar cuando se detecta temprano.

Es común tener inquietudes acerca del cáncer de seno. Por eso es importante que hable con su médico acerca de cuándo comenzar a hacerse pruebas de detección del cáncer de seno y con qué frecuencia hacérselas.

¿Cómo se detecta el cáncer de seno?

Pueden usarse varias pruebas para detectar el cáncer de seno (mama).

Mamografías.

Estas pruebas pueden detectar señales de cáncer usando radiografías. Pueden mostrar tumores que son demasiado pequeños como para que usted o su médico los perciban. Durante una mamografía, una máquina comprime los senos para aplanarlos y que sean más fáciles de radiografiar. Se toman al menos dos imágenes de cada seno. Una se toma de arriba y otra del costado.

Figure 2: Example of data availability in English and Spanish from Keiserpermenente.org. Both English and Spanish resources contain information pertaining to screening risks and benefits, patient expectations for screening, and more.

METHODS

We used Google to search for breast cancer screening information on websites of U.S. academic and community medical centers. For academic centers, we searched sites affiliated with 158 allopathic medical schools. For community centers, we randomly matched government-based acute care hospitals by state. We reviewed the first page of search results, applying consistent inclusion and exclusion criteria. We recorded whether websites provided Spanish language options, basic mammography information, USPSTF screening guidelines, and details on what to expect during and after a mammogram, using a standardized form.

Discussion

Our study aspires to present a contemporary solution to the challenges in breast cancer screening amongst Hispanic women. Comprehensive online information could help empower patients to make more informed decisions but also acts as a means to bridge health equity because it helps in overcoming several barriers to care in traditionally underserved populations. Future findings could potentially inform future healthcare policy interventions.

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