**Literature Review: Part 1 – Matrix Template**

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| **Article Information****(citation in current APA format)** | **Purpose of the Study** | **Level of Evidence** | **Study Results** | **Practice Implications with Biblical Integration** |
| (Arleo et al., 2017).  | The study aimed at comparing the efficiency of the recommendations for screening mammography in both annual and biennal screening times. First is for women between the age of 40 and 84 years, where it is recommended annually. Second is for women between the age of 45 and 54 years, to be done annually. Third is mammography screening recommendation for women between 50 and 74 years, one every two years (Arleo et al., 2017).  | Level 1I EvidenceArleo et al. (2017) utilized evidence from RCTs.  | The research study found that the rate of mortality was low for the women of 40 to 84 years, who had annual screening (by 39.6%). On the other hand, the rate of mortality was reduced by 30.8% for the women of 45 to 54 years, who had annual screening. The third category for women between 50 and 74 years, the rate of mortality reduction was the slowest, with a 23.2 % rate, when the screening mammography was conducted after every two or three years (Arleo et al., 2017).  | According to the research study, it is important for women to have annual routine screening mammography, starting from the age of 40 years. This will significantly help in mortality reduction, which is aided by the early detection. The bible is clear on self-discipline and power. As Human beings, it is important to ensure that we adhere on the recommended guidelines for screening mammography. Proverbs 6: 23 “ For the commandment is a lamp and the teaching a light, and the reproofs of discipline are the way of life. ”  |
| (Burnside et al., 2019).  | The study aimed at comparing two types of screening mammography. First type is risk-based screening (a screening mammography based on the level of risk of breast cancer for women. The second is age-based screening, which is recommended for women from the age of 45 years and above. The study assessed both short-term and long-tern outcomes.  | Level II Evidence. It was a cross-sectional study.  | From the research study results, the first type of screening, which is based on age, for women of 45 years and above, led to a significant number of detection of breast cancers as opposed to the risk-based screening. For the screening mammography based on the risk level of women, it resulted in delays in the detection of breast cancers before eligibility.  | Screening mammography on the basis of age is key in ensuring early detection. It helps in the significant reduction in delays in diagnosis. Patients, physicians, and even policymakers must determine both the the benefits and risks of age-based sceening and risk-based screening, so as to make an assessment of the acceptable outcomes, while also taking into account any complexities. I Tomothy 4:7 “Have nothing to do with irreverent, silly myths. Rather train yourself for godliness”The bible recommends following the truth.  |
| (Duffy et al., 2020).  | The purpose of the study was to determine the appropriate age for screening mammography. Women aged between 39 and 41 years were subjected to annual mammographic screening from 1990 to 2017. The aim was to determine any mortality from breast cancer diagnosed during the period of intervention.  | Level II evidence The research study used results from RCTs. | The investigators found that having annual mammography before 50 years of age, specifically starting at 40 years, led to a decline in the mortality rates for breast cancer patients. Therefore, decreasing the lower age limit for screening mammography from 50years to 40 years is key in reducing the rate of breast cancer mortality.  | For early detection, women should begin annual mammography screening at 40 years of age, rather than waiting upto 50 years.  Ecclesiastes 3: 11 states that “Hr has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end”The bible, therefore, recommends about following through different seasons of our lives.  |
| (Le & Adler, 2020).  |  According to Le and Adler (2020), breast cancer is a commonly diagnosed cancer in women. Therefore, the research study aimed at determining the benefits of mammographic screening.  | Level 1 EvidenceThe study utilized a model which matches the incidence of breast cancer and survival, in a CNBSS report.  | According to the researchers, it is no doubt that mammographic screening results in an increased rate of detection of small tumors. On the other hand, it leads to a decreased rate of the detection of large tumors. There are also costs of screening mammography, which overdiagnosis being a concern. The researchers stated that sometimes screening mammography results in the detection of unaggressive tumors that would not have affected the quality of life of the patient, therefore, detection turns a health individual into a patient, with the need for follow-up tests and treatments that have wide side effects to the individual.  | The investigators suggest an advancement in the technology for determining the tumors which have the greatest risk on individuals. The bible, in Proverbs 16:9, states that “in their hearts human plan their course, but the LORD establishes their steps”  |
| (Moorman et al., 2021).  | The study focused on comparing the results of annual versus biennial and triennial screening mammography. The comparisons were made on the characteristics of the breast cancers (stages) and the efficiency of the treatment regimens used.  | Level IV EvidenceThe research study used cohort studies.  | Moorman et al. (2021) detail that women who were diagnosed with breast cancer after annual screening mammography had small tumors as well as the cancer was it its less-advanced stages, compared to women who had biennial and triennial screening mammography.  | Screening mammography saves lives, especially when conducted on annual intervals. In addition, annual screening shows less frequent utilization of complex treatments such as chemotheraphy and the removal of lymph nodes, compared to biennial and triennial screening. I Corinthians 15:58“Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain”The bible recommends being steadfast in everything we do.  |

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