

Awareness of Female Staff and Students at Tabuk University About Breast Self-Examination

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ABSTRACT

Introduction: Breast cancer is the most common malignancy of women worldwide. It is the leading cause of female cancer related disability and mortality.

Breast cancer in women is a major public health problem throughout the world. It is the most common cancer among women both in developed and developing countries. One in ten of all new cancers diagnosed worldwide each year is a cancer of the female breast. It is also the principal cause of death from cancer among women globally. More than 1.1 million cases are diagnosed and more than 410,000 patients die of it worldwide.

Methods: Cross-sectional study was conducted between January and March 2016 on female staff and students at University of Tabuk, KSA. A structured questionnaire sheet was designed for data collection by the researcher based up on review of literature. It includes the socio-demographic data of the study subjects, data about awareness, knowledge, practice of breast self-examination and the attitude toward it.

Result: The study sample consist of 200 participants, near two third of them aware about how to do self-breast examination, shortage of time and lack of resources were the main reasons behind ignorance of Self breast examination. Courses and seminars were the most common sources of information.

Conclusion: Since breast cancer is most common cancer diagnosed in women; more attention is needed. Steps such as education about breast cancer and screening methods included breast self-examination; clinical breast examination and mammogram are required to improve the health states of the community.

Keywords: Mammograms, Breast Cancer, Tabuk, Saudi Arabia.

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INTRODUCTION

Breast cancer is the most common malignancy of women worldwide. It is the leading cause of female cancer related disability and mortality.¹

Breast cancer in women is a major public health problem throughout the world. It is the most common cancer among women both in developed and developing countries. One in ten of all new cancers diagnosed worldwide each year is a cancer of the female breast. It is also the principal cause of death from cancer among women globally. More than 1.1 million cases are diagnosed and more than 410,000 patients die of it worldwide (Ferlay et al. 2004).²

In 2012 there were 1677 thousands new breast cancer cases with 522 thousands deaths.³

There was a significant increase in the crude incidence rate (CIR) and age-standardized incidence rate (ASIR) for female breast

cancer between 2001 and 2008. The majority of breast cancer cases occurred among younger women. The region of Jouf had the greatest significant differences of CIR and ASIR during 2001 to 2008. Jazan, Baha, and Najran had the lowest average CIRs and ASIRs of female breast cancer, whereas the linear trend upward is a concern in certain regions, such as the eastern region, Makkah, and Riyadh.⁴

Breast cancer has many early detection methods and one of them is breast self-examination. It's a way that you can check your breasts for any abnormalities like a lumps or skin changes and it includes looking at and feeling your breast.

Breast self-examination (BSE) is important for a woman to become familiar with her breasts and any changes that may occur over time that may signal a breast disease especially breast cancer.

METHODOLOGY

An observational cross-sectional study was conducted between January and march 2016. Female staff and students at University of Tabuk, KSA constituted the study population. The questionnaire contained questions about demographic data, items regarding the knowledge about BSE, attitude toward BSE and questions regarding the practice of BSE. The analysis included descriptive statistics, chi-squared tests and graphs.

Ethical Consideration

The study proposal was sanctioned by the ethical committee of the college. Study was explained to participants and informed consent was taken from the participants.

Statistical Analysis

The collected Data were entered and analyzed using the Statistical Package for Social Sciences (SPSS) statistical program version 19.

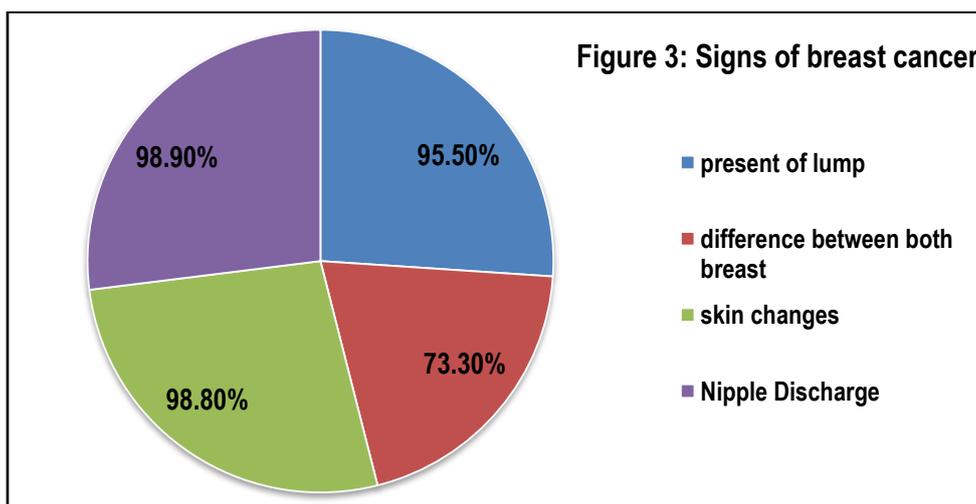
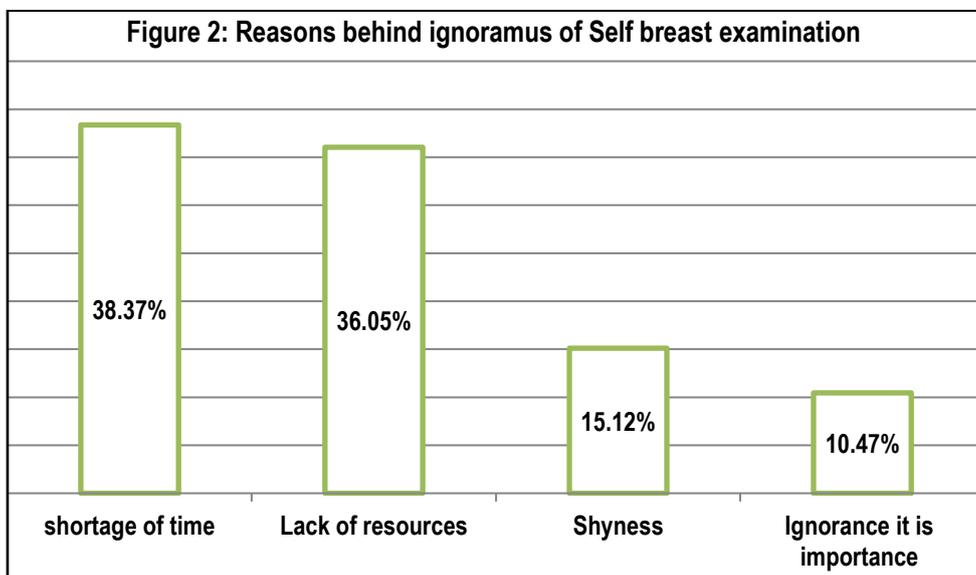
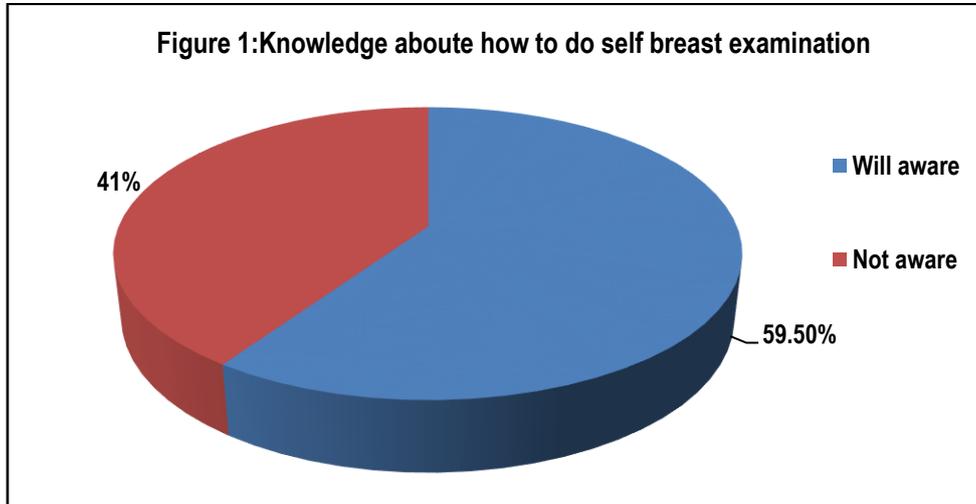


Table 1: Sources of knowledge about breast self-examination

	Percent	Number of participant
Courses and Seminars	38%	76
Television	25%	50
Study Programs	20%	40
Brochures and Magazines	9%	18
Friends and Family	8%	16

RESULTS AND DISCUSSION

The study sample consists of 200 female staff and students at university of Tabuk, KSA aged between 20-45 Years old. 119 participant out of 200 (59.5%); they state that they are aware about how to do self-breast examination on the other hand (40.5%) were not exactly aware about it. (Figure 1)

In Figure 2; an illustration of reasons behind ignorance of Self breast examination with 75% of ignorance due to shortage of time and Lack of resources.

From the 119 participant; who know how to do self-breast examination only 21 participants (11.05%) did regular breast examination. 74.6% of participant know the signs of breast cancer that need medical assessment and include (present of lump, difference between both breast, skin changes and Nipple Discharge). (Figure 3)

Courses and seminars were the most common sources of information (38%) followed by television (25%), study programs (20%), brochures and magazines (9%), friends and family (8%). (Table 1)

During assessment of Knowledge and attitude regarding breast cancer; we found that 33% did not know what is mammogram, 77.3% agree that breast cancer can appear in male, 47.7 did not think there is a link between diet and breast cancer, 43% did not think there is a link between positive family history and developing breast cancer.

Despite (59.5%) of study participants state that they will aware about how to do self-breast examination only (11.05%) did regular breast examination. Steps such as education about breast self-examination and screening methods are required to improve the health states of the community.

CONCLUSION

Since breast cancer is most common cancer diagnosed in women; more attention is needed. Steps such as education about breast cancer and screening methods included breast self-examination; clinical breast examination and mammogram are required to improve the health states of the community.

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