



## A review article related to knowledge among adolescent girls regarding breast self examination

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**ABSTRACT:** Literature review was conducted with the aim to review the knowledge among adolescent girls regarding Breast Self Examination (BSE). Breast Self Examination (BSE) is a primary screening technique to detect Breast abnormalities. By performing regular Breast Self Examination, women would become familiar with their breast condition so as to enable them to detect any changes from time to time. It should be regularly performed by an individual female from young age. This is because Breast Cancer can develop at the very age of twenty. Self assessment of breast cancer is most important in the early age. It is necessary to make it essential to understand the cancer literacy in women. Breast self examination is reassuring. Once you have learned how your breast feels normally, each month re-examination may confirm you have not found any changes to report. And if any unusual changes do occur monthly breast self examination will alert the person at the earliest stage so that the person can take immediate advice from the doctor.

### **INTRODUCTION:**

The rising global incidence of malignant diseases as documented by world health organization (WHO) is an issue of serious concern, particularly in developing countries where the increase seems to be more preponderant. Despite the great progress made in the diagnosis and treatment of cancer, poor countries face lack of protective measures. Cancer of breast is a disease that instills a feeling of dread and fear in many women.

Breast cancer is the most common malignancy affecting women worldwide. The incidence of breast cancer is low in INDIA but rising. Breast cancer is the commonest cancer of Indian women and accounts for 27% of all

cancers in women every year, there is a marked increase in the number of cancer patients registered in the valleys premier tertiary care institute SHERI KASHMIR INSTITUTE OF MEDICAL SCIENCES where increasing number of cancer patients especially from the poor backgrounds continue to pour in for treatment. Between JANUARY to JUNE 2016 over 1500 cancerous patients from the capital city of Srinagar alone were registered for treatment in regional cancer centre SKIMS. As per official records, during 2007-2008, the number of cancer patients registered at SMHS-HOSPITAL, Srinagar was 352 but during 2014-2015, the number stood at 3687. In 2015, 4001 new cancer patients were registered in regional cancer centre while in 2016, the number of new registrations shoot up to 4336. On an average 15 new cases gets registered every day in SKIMS-Hospital. The overall figure in the region are most certainly higher due to many unreported cases.

However, there is no actual data base available, yet preliminary indications point towards a rise. Officials at the oncology department of SKIMS AND SMHS HOSPITAL say that on an average 1-2 patients suffering from breast cancer alone come for the treatment every single day. Among Kashmiri women breast cancer is the second leading cancer after esophageal cancer with an incidence rate of 12.6 per 100000. The prevalence of breast cancer is almost same for urban and rural women in Kashmir, the only difference being, cancer in rural women is diagnosed in much late stage which is fatal.

Breast self examination is easy and convenient. Examining your breast takes only 10-15 minutes each month, costs nothing, can be done in private and can save your life.

Breast self examination can be life saving. Every women is at risk for breast cancer, breast cancer cannot be prevented, only treated and cured, if treated soon enough. Research shows that the tumors found by the women practicing breast self examination are half the size of those discovered by doctors in non- breast self examination practicing women. And smaller a breast cancer tumor when discovered, the greater chance of effective treatment and cure.

### **LITERATURE REVIEW:**

Safiya K Ibnawadh, Mashael A Alawad et al , January 2017 conducted a cross sectional study among females in medical and non medical College in Qassim University with a sample size of 365 females of 18-55 years with a mean of 20.3 years. This study revealed that only 11% of the study subjects had positive family history of breast cancer. Regarding their knowledge level about breast self examination 95.8% of medical students had heard of breast self examination in comparison to 93.3% of non medical students and only 49.7% of medical students had carried out breast self examination previously in comparison to 35.71% of non medical students.

Rao Siddharth et al , June 2016 conducted a cross sectional descriptive study among women seeking outpatient care in a teaching hospital with the sample size of 360 women aged of 45 years except those participants who had undergone a screening mammography or had a breast cancer. The study revealed that only 1.38% females had a family history of breast cancer and 81% of women did not have any knowledge about breast cancer and all women thought that clinical breast examination by doctors was only way for screening breast cancer.

Rakesh Singh and Alka Turuk, November 2017, conducted a cross sectional study among women in urban area aged of 20-60 years with the sample size of 100 respondents. The study revealed that out of 100 women, 58% had knowledge that breast cancer was the most prevalent cancer among women , 52% knew what breast self examination is and only 28% were practicing breast self examination.

Anjana Tiwari, Mamta Naik et al February 2012 conducted a quasi – experimental study to evaluate the effectiveness of planned teaching program on knowledge regarding breast self examination among college girls

in a selected college of Bhilai, Chattisgarh India with the sample size of 30. A structured knowledge questionnaire was used as a tool. The study results revealed that among 30 girls with 15 in experimental group and 15 in control group and after intervention the mean post test knowledge and practice score were significantly increased in experimental group.

Asrat Hailu Dagne, Alemu Degi Ayele et al 23 May, 2018 conducted a cross sectional study on female workers in Debre Tabor town Public Health facilities, North West Ethiopia with total sample size of 421. The study showed that the prevalence of breast self examination was low. The mean age of participants was 25 years, 15.2% of participants perform Breast Self Examination Monthly.

Mikiyas Amare Getu, Mesfin wudu Kassaw et al, 2016 conducted a cross sectional study on female undergraduates in Addis Ababa university, Addis Ababa, Ethiopia with sample size of 407. The study revealed that 87(21.4%) of study participants have practiced Breast self Examination. Every month 45(51.7%) perform BSE and 9(10.5%) of the study participants perform BSE at the right time.

G Koc, H Gulen saves et al 6 March, 2019 conducted descriptive study on female students studying in Public University Turkey with sample size of 161. The study revealed that 73.3% of the subjects had heard about BSE. Only half of these students had obtained additional information. While half of the students indicated that they did perform BSE, 33.3% reported doing so at regular intervals.

Shalini, Divya varghese et al May, 2011 conducted a pre experimental study on female students of selected colleges of Udupi District with sample size of 40. The study revealed that 72 % of them were had average knowledge on Breast self Examination in pre test score.

## CONCLUSION:

Early detection of breast cancer plays an important role in reducing breast cancer mortalities. Developing a good health practice should be started from an early age as this can develop a good healthy attitude. Thus, school-age girls are fit for the target for early exposure regarding knowledge of breast cancer and early detection method of breast cancer. Breast Self-Examination (BSE) is a self-inspection technique where women will examine their own breasts by observing and palpating with their fingers to detect any abnormal changes and lumps. It is a monthly examination of the breast by women at the end of menstrual flow. It is an important screening tool for early detection of breast cancer because it is cheap, widely available and does not require complex technical training. It also enhances the sensitivity and alert on abnormal changes at earliest, so that women are aware of any breasts changes detected during BSE. Additionally, by performing regular BSE, it is able to empower women and encourage them to take responsibility for their own health. Thus, it is recommended for raising women's awareness of the importance of BSE.

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