



## Awareness of Breast Cancer in Lahori females

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### ABSTRACT

**Objective:** The objective of this study is to investigate the knowledge of breast cancer in women aged more than 30.

**Place and Duration of Study:** The survey took place at Mayo Hospital, Lahore, carried out from September 2018 – March 2019

**Materials and Methods:** 300 women aged more than 30 years were included in the survey. A questionnaire was issued to the participants. SPSS v.17 was utilized to examine the acquired data with p value of 0.05

**Results:** Results revealed that participants lack knowledge regarding breast disease found in women above age 30. 55 % (0.001) among women did not have the slightest idea how to examine themselves, while 61.2% (0.002) came to an agreement that breast lump is mostly found in married women. 62.1% (0.064) deemed breast feeding causes a breast lump. 67.2 % (0.001) of women were not aware of a screening test. 51.1% (0.002) did not find redness of breast as an alarming indication. 49.1% (0.037) did not take inwardness of nipples or irritation in breast as an early sign of breast cancer. 71.3% lack knowledge of dangers contraceptives could cause ; breast cancer for instance. 49% women aged 40-45 displayed willingness to gain knowledge about breast self examination and its possible risk factors.

**Conclusion:** We discovered from our survey that a woman's lack of knowledge of symptoms, self examination and screening test of a lump(present in breast) can cause major cancerous threats. This study will highlight this concern of lack of knowledge among women, and facilitate them with screening programs and equipments that would help prompting in an early diagnose

**Keywords:** Cancer, Breast Cancer, Lahori females

### INTRODUCTION

Breast cancer is a life threatening malignancy found in women across the globe. In United States of America, Breast cancer is becoming a major cause of mortality in women prevailing other types of cancer, other than lung cancer (Katapodia, Piercea & Facione 2010). Thousands of women living in Pakistan are falling victim to cancer every

year; reason being insufficient screen facilities and lack of awareness of course of illness (Alexandraki & Mooradian 2010). Guidelines recommend mammography and Magnetic Resonance Imaging (MRI) for women at high risk. It is suitable for women likely susceptible to inherit the disease (Løberg, Lousdal & Bretthauer 2015). There has been a notable decrease in the death rate due to Breast Cancer, mainly due to introduction of screening programs and increment in awareness of this disease. Media has been playing a crucial role in spreading awareness among women (Matatiele & Van den heever 2008). Women should possess sufficient knowledge about the clinical symptoms of disease, so the chance of detecting cancer at early stages could be made possible and help in reducing the death rate. A major change can also be seen in the proportion of those women who were ready to have mammography (Schenberg et al. 2015). General absence of familiarity with the rising occurrence of disease is an ascribing factor in the Free State among both people in general and social insurance experts (Sun, Zhao & Yang 2017). The single variable that could cause crucial effect on breast cancer awareness is the understanding of a person suffering from breast cancer. Pakistan demonstrated absence of acknowledgment of breast malignant growth as a general healthpriority (Froman & Landercasper 2011). Positive general assessment with respect to screening mammography is reasonable given that screening advocates have intensely advanced the motto "early detection saves lives" while overlooking screening harmful effects (Andreu, Galdan & Martinez 2012). An alarming requirement to discover the level of awareness regarding breast cancer in women aged above 40 years has emerged. Hurdles that appear in the way of a women which prevent them from an early diagnose screening are lack of government interest in spreading awareness about the disease, poverty, insufficient facilities and lack of education (Kalager et al. 2010). Solution to these factors can lead to early diagnose. There is no National Screening Program available by the government. Cancer is mostly diagnosed at stage III and Stage IV which leads to less survival



rates. The delay of clinical presentation of women also prevents an early diagnose (Martin, Melnichouk & Guo 2010).

## MATERIALS AND METHODS

Women above the age of 30 were analyzed by the conduct of cross sectional study method, at Mayo Hospital (Lahore) spanning from September 2018 to March 2019. They were handed a questionnaire regarding risk factors, self examination awareness, screen and symptoms of breast cancer. By utilizing the non probability sampling technique, 300 women were sampled. Women who ever interviewed through structured questionnaire gave an informed consent.

The magnitude of the data was recorded by Statistical Package of Social Sciences software Version 20.0 with 95% confidence interval (95%) and 5% margin of error, p-value of 0.05 was considered as statistical importance. The outcome was produced as percentages, and frequencies.

## RESULTS

The study revealed lack in knowledge of breast cancer among women aged above 30.

55 % (0.001) women were not aware of self examination procedure. 61.2% (0.002) posed an agreement that breast lump was mostly found in married women. 62.1% (0.064) appraised breast feeding is a reason of Breast lump. 67.2 % (0.001) of them were ignorant of the screening test. 51.1% (0.002) didn't found redness of breast threatening. 49.1% (0.037) didn't consider inward folding or irritation of the nipple as an indication of breast cancer. 71.3% didn't consider the risk factors such as contraceptives which can lead to breast cancer. 49% women of age's b/w 40-45 displayed interest to gain knowledge regarding breast examination and its risk factors.

## DISCUSSION

As indicated by this examination, greater part of the females in spite of the fact that thought a breast lump can prompt breast Cancer, knowledge of recognition of lump signs is very low and a poor understanding of risk factors is present. There is quite low awareness regarding breast Cancer disease in women above age 30.

55 % (0.001) of the respondents were not aware of self-examination which was conversely as indicated by an Investigation Led in UK in which those ladies with less instructive capabilities had more unfortunate information of manifestations, less familiarity with lifetime and age-related symptoms, however were bound to examine their

breasts than all the more exceedingly educated females. Findings of this national survey shows a lack of awareness and the ability and knowledge to discern a change in breasts. It is critical to raise the bar in breast cancer awareness among senior women since they are more likely to fell victims at the hand of the disease and their early presentation at clinic may provide a timely detection of the cancer. We concluded from the analysis that 67.2 % (0.001) of women lack the knowledge regarding the presence of the screening test. 61.2% (0.002) were aware of the fact that breast lump was mostly found in married women. These results were similar to that of an analysis carried out in Iran in 2011, revealing that 7.6% of the participants stated performing Breast Self-Examination constantly. There is a two to three fold increase in detection among Women who undergo screening mammography compared to those who doesn't. Knowledge of self examination and an early detection leads to a prominent decline in breast cancer mortality. There is a connection between the screening and perceptions of risk, barriers and benefits by a reasoning process that compromises of personal and socio economic status. Breast cancer risk factors relies upon mental and intellectual factors and impacts adherence to mammography screening rules.

In a study carried out in Lahore it was revealed that quite a few reproductive factors develop a relationship in the development of Breast Cancer among women in Lahore in comparison to the western women. These differences between the two analyses might have occurred due the contrast in traits present in Pakistani women that prompt a greater inquiry to recognize all risk factors and gain an insight into this epidemic disease present in Lahore. There is a n alarming unawareness of presence of non lump Breast cancer indication and some other crucial issues.

62.1% (0.064) of the participants suggested a breast lump is a cause of breast feeding. There is also a strong risk factor of family history that develops the disease among the women. The role of print media, social media and radio also has a major and effective impact in spreading breast Cancer awareness in Pakistan. As the study stated 51.1% (0.002) of participants didn't thought redness of breast as a serious threat. Although the redness of breast wasn't a common complaint nevertheless, the differential diagnosis is substantial. There is a chance that patients may improve their symptoms if their diagnosis and treatment is performed. We gained from the study findings that 49.1% (0.037) women didn't discern irritation or inward folding of the nipple as a sign of breast cancer. 71.3% lack



knowledge of risk factors such as contraceptives which can play a role in development of breast cancer. There are pros and cons in the usage of oral contraceptive pill (OCP), but the choice should be determined after consideration. 46% women aged between 40-45 displayed interest to gain knowledge regarding self examination and breast Cancer risk factors. It should come to the knowledge of these women that screening mammography may decrease the rate of breast cancer mortality rate. Majority of the participants were unaware of the self examination and even those with the knowledge haven't performed the examination either. The knowledge of risk factors is

also quite low. In order To prevent the mortality rate, there should be a screening mammography program on National level, effective education and advanced health care system.

### CONCLUSION

We have arrived to a conclusion that Breast cancer awareness and knowledge of self examination and performance of screening mammography is deficient among the women in Pakistan. This study should be able to highlight the lack of facilities and realization of risk factors by providing awareness and screening programs for early diagnosis.

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