

Breast Cancer Detection among Tabrizian Women

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Abstract: Breast cancer is the most common form of cancer affecting women at any age. The purpose of this study was to describe breast cancer detection practices among women in Tabriz, Iran. This study was a descriptive research. Study participants were 109 women aged 17-53. A questionnaire was used to elicit information related to their practices. Findings revealed that 46.8% of women had breast cancer detection practices and 53.2% of them had no practical experience in this regard. Screening methods in women who had performed breast cancer detection included: BSE 70.4%, Clinical breast examination 21.3% and BSE+Clinical breast examination 8.2%. Nobody had performed Mamography, Ultrasound and breast biopsy. The reasons of women who had not performed screening methods were concern about abnormal signs in breast, believe to non preventable of breast cancer, poor knowledge and lack of problem and disease. The findings showed that the women's practice in terms of breast cancer detection is not satisfactory, therefore to encourage women to use screening methods regularly, the health authorities should pay the attention to breast cancer detection in the national educational programs and strategies.

Key words: Breast cancer detection, women, screening methods, breast examination

INTRODUCTION

Approximately 180000 new cases of breast cancer are diagnosed annually/accounting for about 48000 deaths per year in the United States (Locia, 2000). The screening guidelines for the diagnosis of breast cancer are continually changing. Because of increased awareness of the signs and symptoms of breast cancer and the use of screening mamograms, breast cancers are increasingly being diagnosed at earlier stages (Faul, 2002). Unfortunately in developing countries, the lack of awareness about breast cancer screening cause women mortality and morbidity (Pour, 2002). Annual mamogram and clinical breast examinations are recommended for women older than 40 years. Women older than 20 years should be encouraged to do monthly breast self-examinations and women between 20 and 39 years of age should have a clinical breast examination every three years. Ultrasonographic studies are most useful to evaluate cystic breast mass. For solid masses, diagnostic biopsy techniques include fine-needle aspiration, core biopsy and excisional biopsy (Susan, 1997).

It is important to note that most women with breast cancer have no identifiable risk factors (Roma, 1998).

In the developing countries where the people are not sufficiently informed of the screening tests, especially breast cancer detection, The basic role of the public

health education and awareness of community should be emphasized (Mogadan, 1999).

The urgency of the problem caused the present researchers to do a study on the "Breast cancer detection among women".

MATERIALS AND METHODS

This study was a descriptive research. Study participants were 109 women aged 17-53 years. The samples were chosen randomly among women clients of Tabriz health centers. The data was collected through a questionnaire. The questionnaire contained two parts: The demographic characteristics and declarations concerning breast cancer detection practice. The questionnaires were completed by samples. To analyze the data, descriptive statistics such as mean and standard deviation were used.

RESULTS AND DISCUSSION

The range of participants age was 17-53 years. Methods, intervals and recommendation for early detection of breast cancer presented in Table 1. Reasons for not performing early detection of Breast cancer issues presented in Table 2 and knowledge and Main Source for information of women presented in Table 3.

Table 1: Methods, intervals and recommendation for early detection of breast cancer (n = 51)

	Periodical examination %	BSE %
How often?		
Every month	15.4	72.1
Every six month	23.1	6.9
Every year	15.4	2.3
Missed	46.1	18.7
Whose recommendation?		
Physician	30.8	9.3
Health workers	7.7	30.2
Missed	61.5	60.5

Table 2: Reasons for not performing early detection of breast cancer issues (n = 58)

Reason	(%)
Fear from appearance of cancer	29.3
Believe to unpreventability of cancer	15.5
Lack of knowledge	13.8
Unimportant (not serious)	12.1
Lack of problem and disease	5.2
Being assure of lack of cancer	1.7
Other reasons	22.4

Table 3: Knowledge and Main Source for information of women

Knowledge	(%)
Have you any knowledge regarding breast cancer?(n=109)	
Yes	53.2
No	46.8
Main source of information (n = 58)	
Books	8.6
Intermedia	20.6
Health workers	36.2
Intermedia+health workers	8.6
Family/friends	3.4
Other sources	22.4

The findings showed that the women's practice in terms of breast cancer detection is not satisfactory. The researchers hope that the findings of this study will lead the authorities of Ministry of Health, Treatment and Medical Education of Iran to include the effective breast cancer screening programs in the schedules. It is also hoped that the minds will be oriented to the methods of prevention in order to lengthen, as much as possible, the lives of human beings; these invaluable treasures walking on the earth.

CONCLUSION

Regarding the unpleasant physical and mental outcomes in the people suffering from malignant diseases, educating the women through various effective methods to visit the doctor for the early detection of the probable cancer can be one of the basic attempts to increase the public knowledge, attitude and practice and it can solve a fatal problem.

To achieve the objectives of the WHO and to conduct practically the motto "Health For All by 2000", the women should receive proper health education, because they are impressive persons in the community and they encounter a large group of prospective mothers and women. Thus a suitable and effective education for the women can lead to the promotion of the screening programs and their success. It is recommended to encourage women to use screening methods regularly; the health authorities should pay the attention to breast cancer detection in the national educational programs and strategies.

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