

## Awareness of Girls Regarding Brest Self-Examination in Wad Babi Secondary School July 2016

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### Abstract

Breast cancer is the most common malignancy affecting women and second cause of cancer death in the world, with more than one million cases occurring worldwide annually. The chance of a woman having invasive breast cancer some time during her life is about 1 in 8. The chance of dying from breast cancer is about 1 in 35.

According to latest WHO data published in May 2014, breast cancer deaths in Sudan reached 1,814 or 0.70% of total deaths. The age adjusted death rate is 16.48 per 100,000 of population ranks Sudan 87 in the world. This study aimed to assess the secondary school girl's knowledge regarding breast self-examination in Wad Babi secondary school girls.

The study was descriptive cross-sectional school based. A total of 75 students in wad Babi secondary school girls in July 2016 using questionnaire.

About 14.7% didn't hear about breast self-examination and 37.3% saw that five days after menstruation is the best time to do breast self-examination.

About 84% of students didn't know how to examine their breast by themselves. Pre-post-education intervention studies need to be conducted to evaluate the intervention outcomes related to breast self-examination knowledge among secondary school girls.

**Keyword:** Awareness; Girls; Brest Self-Examination; Secondary School

### Introduction

Breast cancer is a global health concern and a leading cause of morbidity and mortality among all the cancers that affect the woman [1]. In 2008, it was estimated that prevalence of breast cancer in women aged 15 years and over in Sub-Saharan Africa is 23,5 per 100,000 women [2]. Breast cancer has been identified as a major public health problem in both developed and developing nations because of its high incidence-prevalence, the over-burdened Health system and direct medical expenditure [3].

Breast self-examination is a check-up that a woman does by herself at home to look for changes or problems affecting the breast tissue. Breast self-examination is still recommended as a

general approach to increasing breast health awareness and thus potentially allow for early detection of any anomalies because it is free, painless and Easy to practice [4]. Breast cancer in African women is characterized by younger age at onset, advanced stage at diagnosis, and consequently poor prognosis [5,6].

Breast cancer is the most common cancer among women in developed and developing countries [7]. The earlier breast cancer is detected, the better effectiveness of the treatment and the likelihood of survival [7]. Breast cancer screening methods include breast self-examination (BSE), clinical breast examination and mammography, and these are usually done in combination [8].

Cancer is a group of cells that grows out of control, taking over the function of the affected organ. Cancer cells are described as poorly constructed, loosely formed, and without organization [9].

Cancer is not one disease, but many diseases with different causes, manifestations, treatments, and prognoses. There are more than 100 different types of cancer caused by mutation of cellular genes. Cancer takes on the characteristics of the cell it mutates and then takes on characteristics of the mutation [9-16].

**Materials and Methods**

**Study design**

This study was descriptive - Cross sectional study design school based to assess secondary school girls knowledge regarding breast self-examination in wad Babi secondary school girls in July 2016.

**Study area**

The study will be conducted in Wad Babi secondary school girls in Khartoum state - Sudan. The school is located in El-Azhari. It has six classrooms.

**Study population**

The population of this study will include all students above eighteen years old.

**Sampling**

Sample size: 75 girls.

**Criteria of selection**

**Inclusion criteria:**

- Students above eighteen years old.

**Exclusion criteria:**

- Students below eighteen years old.
- Students who refuse to participate.
- Absentees.

**Data collection tool**

Questionnaire will be designed by the researcher as closed end-ed questions.

**Data collection technique**

The questionnaire will fulfill by the participants.

**Data analysis**

Data will be analyzed by using SPSS (Statistical Package for Social Sciences).

**Results**

Variables		Fre-quency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	47	62.7	63.5	63.5
	No	11	14.7	14.9	78.4
	I hear but not good	16	21.3	21.6	100.0
	Total	74	98.7	100.0	
Missing	System	1	1.3		
Total		75	100.0		

**Table 1:** Show the hearing about breast self-examination in the study in 2016.

Variables		Fre-quency	Per-cent	Valid Percent	Cumulative Percent
Valid	No	66	88.0	88.0	88.0
	I do not know how exam my breast	9	12.0	12.0	100.0
	Total	75	100.0	100.0	

**Table 2:** Show the performance of breast self-examination among students in the study in 2016.

Variables		Fre-quency	Per-cent	Valid Percent	Cumulative Percent
Valid	Possible	47	62.7	62.7	62.7
	Impossible	3	4.0	4.0	66.7
	I don't know	25	33.3	33.3	100.0
	Total	75	100.0	100.0	

**Table 3:** Show the possibility of avoidance habits that can cause breast cancer if they know them in this study in 2016.

**Discussion**

With the incidence of breast cancer is rising and also absence of any established national breast screening in Sudan, it become important to assess the knowledge and awareness of breast self-examination in various group.

The study showed that the majority of students 65.3% thought it is important to conduct breast self-examination from time to time while 6.7% thought that it is not important.

The general objective of this study was to assess the secondary school girls knowledge regarding breast self-examination; regarding this objective showed that most of student 84% did not know how to practice the breast self-examination; while 6.7% know how to practice it. This indicates the poverty of knowledge about breast self-examination among schoolgirls.

From the other hand, table reflect that most of students 61% haven't history of breast cancer in their relatives; but 17.3% of them didn't know if they have or haven't history of breast cancer in their relatives. Table revealed that 62% of students will avoid any habits or behaviors that can cause breast cancer; but 4% said that they will not avoid them. Table showed the majority of sample 92% saw that it's better to detect breast cancer in women from age of puberty to 50 years old, while 6.7% saw that it's better to detect it from age 50 years to 70 years old.

Knowledge level of secondary school girls about breast cancer was assessed. 84% of sample thought that breast cancer can affect only on females, but 16% of sample thought that its effect on both males and females. Most of students 46% didn't know if most breast tumors that affect women are benign or malignant, while 17% thought that most of breast tumors are malignant. This reflect the poverty of knowledge about breast cancer among schoolgirls.

It was determined that the most of sample 37.3% saw that five days after menstruation is the best time to do breast self-examination, but 36% saw that five days before menstruation is the best time to do it.

Table revealed that the majority of students 68% thought that if breast cancer detected early it can be treated completely, but 5.3% thought that it can't be treated even if it detected early.

### Conclusion

The descriptive cross sectional school based study was carried on wad babe Secondary School. This study included total of 75 students which is total number in wad babe 2016.

The knowledge of breast self-examination was generally low among student in Wad Babi secondary school girls. The result provides important baseline information and may be used to develop breast self-examination educational program.

84% of sample thought that breast cancer can affect only on females, student 84% did not know how to practice the breast self-

examination, and students 46% didn't know if most breast tumors that affect women are benign or malignant.

### Recommendations

Based on the low awareness of breast cancer and breast self-examination among the secondary school girls in this study, the promotion of the future health policies, such as mandatory continuing education, which involve breast cancer screening guidelines and general breast cancer awareness, may be justified. Also, breast self-examination can be tough by health care practitioner during a patient's routine physical examination about benefits and limitations of breast self-examination.

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