

## ***Summary and Conclusion***

Breast cancer is a major public health problem in both developed and developing countries with more than one million new cases diagnosed annually,so early detection of breast cancer would be a potentially useful approach for controlling the disease and reducing mortality.

This study was designated aiming at assessment of the knowledge, attitude and practice of breast self examination of female workers in Benha faculty of Medicine as the first step to help them to achieve better knowledge level about breast cancer, breast self examination and perfect practice.

It was cross sectional study ,which was carried out on a sample of 250 female working at Faculty of Medicine ,Benha university selected by a random method, and conducted at a time fram from the 1st of April 2012 to the end of October 2012 .Aself administered questionnaire with the help of the interviewer, containing questions about sociodemographic characteristics, family history of breast cancer, knowledge about breast cancer (risk factors , symptoms and signs), knowledge about breast self examination, attitude toward BSE and practice of breast self examination.The study carried out on the selected females as follows:

### **First step:**

The tool used to collect data is:

Self administered questionnaire with the help of the interviewer, containing questions about sociodemographic characteristics, family history of breast cancer, knowledge about breast cancer, knowledge about

breast self examination, attitude toward BSE and practice of breast self examination

**Second step:** Health education:

- women were given educational sessions to cover knowledge about :
- Cancer breast risk factors and symptoms & signs.
- Importance of early detection of cancer breast.
- Methods of early detection of cancer breast.
- Breast self examination as screening test and its importance.
- Age of starting BSE practice, frequency, relation to the menstrual period.
- Steps of breast self examination.

the message was formulated to cover all informations about breast cancer and breast self examination in appropriate methods such as giving lectures and group discussions, in addition ,the use of teaching aids ,such as posters and self explanatory pictures and booklets illustrating the positions and steps of breast self examination to facilitate the educational process

The educational sessions were given at work place to 2 or more females together (maximum 4 females together) due to working circumstances, total number of sessions was about 4/week with about 8 female /week (about 40 /month) , each educational session lasted for about 20 minutes due to work circumstances

Regarding knowledge of the studied group about breast cancer risk factors, the majority of participants (83.2%) recognized exposure to radiation as a risk factor of breast cancer followed by positive family history (heredity) of cancer breast which is identified by (81.2%) of the

studied group . But the least identified risk factor was delayed menopause >55year (34.8%)

Regarding the knowledge about symptoms & signs of breast cancer, the majority of respondents identified changes in the shape and size of the breast (82.4%) as sign of breast cancer while the least identified symptom is breast pain.

Results revealed that the majority of the sample (84%) has a satisfactory level of knowledge about BC. Higher knowledge score is associated with young age group (<40 years), urban residence, high educational level.

The current data reported that radio and TV (40.7%) were the main source of knowledge about breast self examination of the studied participants, followed by reading and internet (30.2%).

On evaluation of knowledge about BSE, there were (51.3%) of females who heard about BSE, knew the exact age of starting practice of BSE (>19 years old) and about 2/3 of the studied group (65.3%) knew that it should be done on 5<sup>th</sup> or 7<sup>th</sup> day of menstruation.

In this study, although (79.6%) of participants heard about BSE; the majority of the sample (61.8%) have unsatisfactory level of knowledge about BSE and relatively low practice rate (44.8%).

Results revealed that better knowledge and practice score of BSE is associated with old aged  $\geq 40$  years, and married females, high educational level. And there is statistically significant relation between knowledge score about BSE and practice of it.

The present study revealed that the most common barrier against BSE practice among those who knew BSE is feeling not at risk of breast cancer (39%).

Regarding positions and technique of BSE, this study revealed that about (67%) of performers inspect their breasts in front of the mirror while the majority of the studied group (89.3%) palpates them by hand, 30% of females do BSE while lying and 70% do it while standing. Also there is significant relation between mean practice score and age, marital status family history of breast cancer,

As regard the attitude of the respondents, majority of them have positive attitude towards BSE practice.

This descriptive study provides valuable information that could be utilized by both researchers and those involved in public health action. The results concluded that the knowledge and the practice of BSE are inadequate among the respondents, but they have positive attitude towards the desire of being taught about BSE practice, so we recommend a health education program which is incorporated in all health and educational facilities in different governorates of Egypt, rural and urban areas to promote and integrate BSE training programs to all females to increase the awareness of all females especially high risk groups about breast cancer and it's screening, All channels of the national mass media could efficiently be utilized to disseminate a healthy positive attitude toward BSE by presenting specific programs associated with BSE and women's health. And initiate an enthusiastic attitude towards breast cancer screening for early detection, management and better survival rate.