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Awareness and attitude of female university students towards breast self examination

Einas Ibrahim El-sheikh, Ayat Mahmoud Tawfik and Oussama Mahmoud Midan
Port Said University, Egypt

Introduction: Breast cancer is the most commonly diagnosed cancer and worldwide it is considered the leading cause of cancer death in females, accounting for 23% (1.38 million) of the total new cancer cases and 14% (458,400) of the total cancer deaths in 2008. Approximately half of the breast cancer cases and 60% of the deaths are estimated to take place in developing countries. According to the official statistics of the Egyptian National Cancer Institute, breast cancer represents 18.9% of total cancer cases (35.1% in women and 2.2% in men). In Egypt, the median age at diagnosis for breast cancer is ten years younger than in the United States and Europe. Knowledge of risk factors and perception of personal risk are important factors for motivation of people for the prevention, detection and management of the disease

Objectives: To measure the awareness and attitude of Port-Said University female students towards breast self examination.

Methodology: A cross-sectional, descriptive study design

Target population: Out of University students attending different faculties of Port-Said University, 300 were selected by simple random method except faculties of nursing and medicine. Data was collected by a structured interview questionnaire related to the knowledge and attitude toward breast cancer and breast self examination. The questionnaires were filled out during the interview with female students in their faculties after explaining the aim of the study.

Results: 83% of female students didn't know the appropriate time to perform BSE and 89% didn't perform it.

eelsheikh47@gmail.com

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