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To enhance the knowledge, awareness about the risk factor and screening practices of breast cancer among women in holy city Varanasi

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Breast cancer is second most cause of death worldwide after lung cancer. The global burden of breast cancer is 1.38 million, 10.9% of all cancers. The annual age-adjusted rate (AAR) varies between urban and rural areas in India. In the urban areas, the AAR is 21.9 to 28.3 per 100,000, whereas in rural areas, it is 8.6 per 100,000. In study, we present level of awareness of risk factors and screening practices especially Breast Self Examination (BSE) among women of holy city Varanasi. The investigation tool is self-administrated questionnaire format which consist of seven different parts and approached to 560 women, in the age group of 18-65 years. Result showed that out of 560 women, 500 (89%) responded of them, 50% were married and 80% were educated. The knowledge about BSE was very low, 20.6% among them 0.2% had practised BSE only once. In Himachal Pradesh, Mumbai and Delhi the level of awareness and mainly practised of BSE were 97 % & 54%, 42% & 15% and 36% & 13.7% respectively. The awareness of risk factors of breast cancer were as follows: Heredity: 19.6%, age factor: 25%, early menarche: 22.2%, late menopause: 8%, nulliparity: 14%, late marriage: 13%, hormone therapy: 13% obesity: 34% and modern life-style: 4.6% respectively. The study revealed that the awareness of risk factors and practised of BSE among women in Varanasi was extremely low in compare to other cities.

Biography

Prem Prakash Solanki has completed his B.Sc., M.Sc. and PhD from Jai Narain Vyas University, Jodhpur, Rajasthan. He is working as an Assistant Professor in Department of Chemistry, Faculty of Science, BHU and he is a Principal Investigator of DST sponsored project (Project No. : M-21-124)

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