

Global Cancer Conference & Medicare Summit

September 15-17, 2014 Hyderabad International Convention Centre, India

Breast cancer awareness among household women: Need of the hour

Ravishekar N Hiremath, Sandhya Ghodke, Radika Kumar, Prabhakar Kumar and Sandeep Bhalla
Dy Asst Director Health of Ranchi Division, India

Introduction: Breast cancer is the second most common cancer and accounts for 19-34% of all cancer cases among women in India. A five year survival rate of 92% has been seen by early detection of breast cancer by means of increased awareness and cancer screening programs. Hardly any data exists regarding awareness regarding risk factors and simple screening methods like self breast examination (SBE) particularly among women of Ranchi.

Objectives: (1) To assess the awareness of breast cancer among women of urban community in Ranchi, Jharkhand (ii) to carry out lecture cum discussion to increase their knowledge and teach them simple screening methods like self breast examination based upon their baseline knowledge.

Materials and Methods: A cross-sectional community based survey was carried out in Ranchi in April 2013 were in all married women living within a particular community were included in the study and data was collected by means of pretested questionnaire. A total of 240 women gave consent and were included.

Results: 65% were educated above 10th class while 22.5% didn't had any children. 38 % say that trauma, 22.5% say big breast and 83.3 % believe that nipple size/shape/color changes can lead to breast cancer. 47.5 % believe that breast cancer can also occur in male also. 4.2% had very good knowledge while 37.5% and 58.3% had satisfactory and poor knowledge about risk factors respectively. Education and risk factor knowledge score were statistically significant associated with each other ($P=0.0484$). Also women who thought breast cancer to be most cancer ($P=0.0060$) had statistically significant association with risk factor knowledge score. The same was with women who thought that breast cancer was high risk to life ($P=0.0002$). Only 19 % of the women were aware about self breast examination. At the end of the survey lecture cum discussion was held for all the ladies and SBE was thought with the help of video clippings

Conclusion: The awareness level of women was inadequate particularly in less educated women and awareness generating programs to educate women is the need of the hour. Teaching simple screening tools like SBE would benefit in a long way and help in promoting early detection of cancer.

Biography

Ravishekar N Hiremath has completed his MBBS, MD (Community Medicine), DNB (Community Medicine), MNAMS from National Academy of Medical Sciences, New Delhi at the age of 32 years and is pursuing Postdoctoral studies from BLDEA's University. He is the Dy Asst Director Health of Ranchi Division. He has published various papers in reputed journals and presented 8 papers in national conferences and 10 papers in international conferences. He has been honored by Commendation Award for best research activity on tribal people of Jharkhand State and received "Best presentation award" at International Course on "Nutrition Research Methods" conducted by St. Johns Research Institute in collaboration with Harvard School of Public Health and Tufts University School of Medicine, Boston, USA where-in people from 10 different countries participated.

drshekar80@gmail.com