



Breast cancer among young girls: a KAP study conducted in Lahore

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Abstract

Background: Breast cancer is the second most frequently occurring malignant tumour. It is a progressive disease hence gradually developing into more fatal form from very small lesion. Knowledge and awareness about risk factors, symptoms and screening methods reduces the mortality and morbidity. **Methods:** A cross-sectional study was conducted in Lahore. Data was collected anonymously on self-administrated questionnaire regarding awareness and knowledge about risk factors, presentations of breast cancer and screening practices about breast self-examination (BSE), clinical breast examination (CBE) and mammography. **Results:** A total of 400 females participated in this study. 34% had heard of BSE, 30% of CBE and 29.5% of the mammography. Only 21.8% had ever performed BSE and 14% had ever received CBE. On enquiring the reasons for not performing BSE 29% did not know how to do it and 14.3% indicated embarrassment as the cause of not performing CBE. Regarding the source of information internet was identified as the most popular one (64.8%) followed by breast cancer campaigns (58.5%). Participants had inadequate knowledge about risk factors and its presentations. There is much lack of information about mammography but participants were aware of the age (35-40years) to start this screening procedure. **Conclusions:** Our studies revealed lack of awareness and knowledge with regard to breast cancer and its screening methods. There is utmost need to enhance the awareness and encouraging the performance of BSE, CBE and mammography among females from very young age to reduce its incidence.

Biography

Dr. Shamaila has completed her MCPS in Community Medicine from College of Physicians & Surgeons of Pakistan. She is working as Assistant Professor Community Medicine in medical college of Lahore, Pakistan.

Publications

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