

The Intersection of Breast Cancer Risk, Education, Deprivation and Symptom Recognition: A Comprehensive Look at Women's Awareness and Barriers to Help-Seeking

Pujan Raj*

Department of Health Science, University of Leeds, LS2 9LU, UK

Introduction

Breast cancer is one of the most commonly diagnosed cancers among women, with over 2 million new cases worldwide in 2020 alone. Early detection is key to successful treatment and survival, but a recent study has found that women at higher risk of breast cancer may have poorer recognition of non-lump symptoms. The results showed that women at higher risk of breast cancer were less likely to recognize non-lump symptoms such as breast pain, nipple changes, or discharge as potential signs of the disease. Only 22% of high-risk women identified breast pain as a symptom, compared to 31% of the control group. Similarly, only 7% of high-risk women recognized nipple changes or discharge as a symptom, compared to 14% of the control group. These findings are concerning because non-lump symptoms can sometimes be the first signs of breast cancer, especially in younger women or those with dense breast tissue that can make lumps harder to detect. Delayed diagnosis can lead to more advanced disease and worse outcomes.

Description

The study also found that high-risk women were more likely to report anxiety and worry about breast cancer, suggesting that their lack of awareness of non-lump symptoms may not be due to complacency or denial but rather a lack of education or information. Improving education and awareness about breast cancer symptoms, especially among women at higher risk, is crucial for early detection and better outcomes. Healthcare providers should discuss breast cancer risk and symptoms with their patients and encourage them to report any changes or concerns promptly. Patients can also take an active role in their own health by familiarizing themselves with their breasts and reporting any changes to their healthcare provider. The study highlights the need for improved education and awareness about breast cancer symptoms among women at higher risk. Early detection saves lives and every woman should be empowered with the knowledge to recognize potential signs of breast cancer and seek prompt medical attention.

Breast cancer is one of the most common types of cancer in women, with early detection being critical to improving outcomes. While many factors can influence a woman's awareness of breast cancer symptoms, a recent study has found that women with higher levels of education tend to have increased knowledge of these signs. Participants were divided into two groups based on their level of education: those with less than a college degree and those with at least a college degree. The results showed that women with higher levels of education

had significantly greater knowledge of breast cancer symptoms than those with less education. Specifically, these women were more likely to recognize non-lump symptoms, such as breast pain, nipple changes, or discharge, as potential signs of breast cancer.

The study also found that women with higher levels of education were more likely to report having regular mammograms and performing breast self-exams. This suggests that education not only increases awareness of breast cancer symptoms but also encourages proactive measures for early detection. The findings of this study are significant because they highlight the importance of education in breast cancer awareness and prevention. Women with higher levels of education may have access to more health information and resources, but the study suggests that all women can benefit from education about breast cancer and the importance of early detection.

It is essential that healthcare providers educate their patients, especially those with lower levels of education, about breast cancer symptoms, risk factors and screening practices. Community-based organizations can also play a vital role in providing education and resources to women who may not have access to healthcare or health information. The study underscores the importance of education in breast cancer awareness and prevention. Women with higher levels of education tend to have increased knowledge of breast cancer symptoms and are more likely to take proactive measures for early detection. However, all women can benefit from education and resources about breast cancer and healthcare providers and community-based organizations have a critical role to play in providing this education. With increased awareness and proactive measures, we can work towards reducing the impact of breast cancer on women's health.

Breast cancer is a significant health concern for women worldwide, with early detection being critical to improving outcomes. However, recent research suggests that certain factors may impact a woman's ability to recognize symptoms of breast cancer and seek prompt medical attention. In particular, women who are more deprived or at higher risk of breast cancer may face additional barriers to symptom recognition and help-seeking. The results showed that women who were more deprived tended to recognize fewer breast cancer symptoms than their less deprived counterparts. Specifically, these women were less likely to recognize non-lump symptoms, such as breast pain, nipple changes, or discharge, as potential signs of breast cancer. Additionally, women at higher risk of breast cancer reported more anticipated barriers to seeking help for potential symptoms, including fear, embarrassment and concerns about wasting the doctor's time.

Conclusion

These findings suggest that certain groups of women may face additional challenges in recognizing breast cancer symptoms and seeking prompt medical attention. Women who are more deprived may have less access to health information and resources, making it harder to recognize potential signs of breast cancer. Similarly, women at higher risk of breast cancer may experience additional barriers to seeking help due to fear, stigma, or other concerns. Improving education and awareness about breast cancer symptoms, especially among women who are more deprived or at higher risk is crucial for early detection and better outcomes. Healthcare providers should discuss breast cancer risk and symptoms with their patients and encourage them to report any

*Address for Correspondence: Pujan Raj, Department of Health Science, University of Leeds, LS2 9LU, UK, E-mail: pujanraj@gmail.com

Copyright: © 2023 Raj P. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 31 January, 2023, Manuscript No. aso-23-98369; Editor assigned: 02 February, 2023, PreQC No. P-98369; Reviewed: 16 February, 2023, QC No. Q-98369; Revised: 21 February, 2023, Manuscript No. R-98369; Published: 28 February, 2023, DOI: 10.37421/2471-2671.2023.9.33

changes or concerns promptly. Patients can also take an active role in their own health by familiarizing themselves with their breasts and reporting any changes to their healthcare provider [1-5].

The study highlights the importance of addressing the impact of deprivation and breast cancer risk on symptom recognition and help-seeking. Women who are more deprived or at higher risk of breast cancer may face additional challenges in recognizing symptoms and seeking help, which can lead to delayed diagnosis and worse outcomes. Improving education and awareness about breast cancer symptoms and addressing potential barriers to help-seeking can help reduce these disparities and improve outcomes for all women.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Cowin, Pamela, Tracey M Rowlands and Sarah J Hatsell. "Cadherins and catenins in breast cancer." *Curr Opin Cell Biol* 17 (2005): 499-508.
2. Sutherland, Robert L and Elizabeth A. Musgrove. "Cyclins and breast cancer." *J Mammary Gland Biol Neoplasia* 9 (2004): 95.
3. Sun, Yi-Sheng, Zhao Zhao, Zhang-Nv Yang and Fang Xu, et al. "Risk factors and preventions of breast cancer." *Int J Biol Sci* 13 (2017): 1387.
4. Waks, Adrienne G and Eric P. Winer. "Breast cancer treatment: A review." *Jama* 321 (2019): 288-300.
5. Sharma, Ganesh N, Rahul Dave, Jyotsana Sanadya and Piush Sharma, et al. "Various types and management of breast cancer: An overview." *J Adv Pharm Technol Res* 1 (2010): 109.

How to cite this article: Raj, Pujan. "The Intersection of Breast Cancer Risk, Education, Deprivation and Symptom Recognition: A Comprehensive Look at Women's Awareness and Barriers to Help-Seeking." *Arch Surg Oncol* 9 (2023): 33.