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## Scientific studies

### *Track 1 - Stemming the tide: innovations in prevention and screening*

#### *Screening and early detection: programme implementation*

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#### **Females' knowledge attitude and practices about breast self- examination (BSE) and risk factors of breast cancer at Benghazi- Libya**

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**The abstract or summary reports has already been published or presented previously:** No

**Select your preferred type of presentation:** Oral presentation

**Background:** Breast cancer is the most common cancer in women in the Eastern Mediterranean region and the leading cause of cancer mortality worldwide. WHO projected that a new cases each year is expected to rise from 10 million in 2002 to 15 million by 2025. Breast self-examination (BSE) has been defined as a preventive health behavior and it is one of the most commonly recommended strategies for breast cancer screening.

**Aim:** 1. The study aimed to find out the level of awareness of the females at Benghazi city- about the BSE and early detection of breast cancer.

2. To determine the prevalence of BSE practices among libyan females at Benghazi above 18 years old

3. To educate Libyan females at Benghazi about BSE performance

4. To find out effect of females ' demographic characteristics on BSE practices

**Methods:** A community - based survey were carried out at Benghazi to assess the knowledge, attitude and practice of females at Benghazi about BSE, methods of early detection and risk factors of breast cancer. Cluster sampling technique was used. 30 clusters were selected during year 2013. **Pre-coded Interview questionnaire** were used to collect: Age, Education, occupation, Residence and marital status .To assess the knowledge, attitude and practices of BSE by females in Benghazi. The questions were included the knowledge about the timing, position, frequency and performance of BSE, sources of respondent knowledge, attitude and practices of BSE . Also the women's knowledge about the protective and risk factors of breast cancer.

**Health education program:** a health education program in the form of Lectures, Pamphlet were prepared in simple Arabic language with simple local words. We also used play role method for education by use of plastic breast model.

Data were analyzed by use of SPSS program version 20. The descriptive and analytic statistics were used at 95% degree of precision.

#### **Results:**

2601 females were interviewed. The mean age was 36.4± 10.9, and slightly more than fifth (51.9%) of the respondents were Married. The respondents' knowledge about BSE at Benghazi, Less than half of females (48.1%) heard about BSE. Less than one fifth of the females (16.9 %) knew BSE, Only one quarter (25.7%) had satisfactory knowledge (every month) about the frequency of BSE, 39.0% of females knew how to perform BSE, less than one quarter of females (22.5%) knew when to start practicing BSE. Although 74.4% of females considered BSE practice very important, 23.8%

TV was their source of knowledge, 43% agree that high fatty diet and 42% only agree that physical inactivity are the risk factors of breast cancer.

**Conclusions: Conclusion:** We concluded that poor knowledge about BSE and protective factors of breast cancer even among educated females. We recommend primary prevention and early detection modules for prevention of breast cancer in Benghazi.

**Disclosure of Interest:** None Declared

**Keywords:** Breast