

## Assessment of knowledge, attitude and practice of breast self-examination among reproductive age females in Altekaina village

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**Abstract:** Breast Self-Examination (BSE) is a process by which women examine their breasts regularly to detect any abnormal swellings or lumps in order to seek prompt medical attention. It has a role in early detection of the cancer. Moreover, it is convenient and cheap compared with the other screening methods. This descriptive cross sectional study was conducted to determine knowledge, attitude and practice towards BSE among reproductive age female in altekaina village, in which 384 reproductive age females (18-45 years old) in altekaina were participated. An interviewing questionnaire was used for data collection. The respondents in this study showed they had poor knowledge on BSE 40.1% the practice of BSE, this study has shown that only 19% of respondents practiced BSE. 84.6% claimed to practice BSE only rarely with regard to knowing the right technique of BSE only fewest number, 18% known the right technique. Regarding attitude towards BSE, the result of our study revealed that 66% of the respondents had positive attitude towards BSE about 4.5% respondents reported that the BSE was embarrassing to them. The relation between age and excellent levels of knowledge (total 151) found among the age range (18-25) were 40 females. With regard to respondents' knowledge of definition of BSE according to educational level, excellent levels of knowledge detected among university students were (51) from 120 total of excellent levels of knowledge. The finding showed that the knowledge and practice of BSE was inadequate among a reproductive age woman in altekaina village and they need more educational programs about BSE. Biography Wafaa B Ali Mohammed is medical student in University of Bahri. She is pursuing to get the degree of MBBS.

**Description:** Breast self-examination (BSE) is a diagnostic method used in an effort to detect early breast cancer. The method involves the woman herself observing at and feeling each breast for possible lumps, distortions or swelling.

BSE was once endorsed heavily as a means of finding cancer at a more curable stage, but huge randomized controlled studies set up that it was not effective in preventing death, and actually caused harm through needless surgery, biopsies, and anxiety. The WHO and other organizations mention against BSE. Other organizations take a neutral stance, and do not endorse for or against BSE.

Breast awareness is an casual alternative to breast self-examinations.

**Limitations:** Indicated by a meta-investigation in the Cochrane Collaboration, two huge preliminaries in Russia and Shanghai found no advantageous impacts of showing by Breast self-assessment "yet propose expanded damage as far as expanded quantities of benevolent sores recognized and an expanded number of biopsies performed". They finished up, "At present, screening by Breast self-assessment or physical assessment can't be recommended."

In spite of the fact that Breast self-assessment builds the quantity of biopsies performed on ladies, it doesn't lessen mortality from Breast malignant growth. In an enormous clinical preliminary including in excess of 260,000 female Chinese assembly line laborers, half were painstakingly educated by medical caretakers at their production lines to perform month to month Breast self-test, and the other half were most certainly not. The ladies instructed self-test identified increasingly kind (typical or innocuous protuberances) or beginning period Breast sickness, yet equivalent quantities of ladies kicked the bucket from Breast malignant growth in each group.

Since Breast self-test isn't demonstrated to spare lives, it is not, at this point routinely suggested by wellbeing experts for general use. It might be fitting in ladies who have an especially high danger of creating Breast disease. Some altruistic associations, whose gifts rely upon advancing trepidation of Breast disease, despite everything advance this strategy as a one-size-fits-all, all inclusive screening approach, even in the generally safe ladies who are well on the way to be hurt by superfluous obtrusive follow-up procedures. Among bunches advancing proof based medication, attention to Breast wellbeing and nature with one's own body is normally advanced rather than self-tests.

Breast self-assessments depend on an off base hypothesis of disease advancement which expect consistent development of the tumor. As per Breast disease expert and specialist Susan Love, "Breast malignant growth doesn't work like that...it's tricky. You could inspect yourself consistently and abruptly discover a walnut."

Among ladies with high-chance BRCA transformations, about 10% said that performing Breast self-assessment expanded their uneasiness. Half of the individuals who performed BSE felt that it gave them a feeling of control.

Learning Breast self-assessment expands a lady's degree of despondency, stressing, and tension about Breast cancer. Greater uneasiness about Breast malignancy is related with a higher probability of performing Breast self-assessment. Ladies are additionally bound to perform Breast self-assessment on the off chance that they have encountered a bogus positive blunder from screening mammography (being wrongly informed that Breast disease might be available, when the lady is really malignant growth free).

**Techniques:** An assortment of techniques and examples are utilized in Breast self-tests. Most strategies recommend that the lady remain before a mirror with the middle presented to see. She glances in the mirror for visual indications of dimpling, expanding, or redness on or close to the Breasts. This is typically rehashed in a few positions, for example, while having hands on the hips, and afterward again with arms held overhead.

The lady at that point touches her Breasts with the stack of her fingers to feel for bumps (either shallow or more profound in tissue) or irritation. There are a few regular examples, which are intended to guarantee total inclusion. The vertical strip design includes moving the fingers here and there over the Breast. The pie-wedge design begins at the areola and moves outward. The round example includes moving the fingers in concentric circles from the areola outward. A few rules recommend intellectually isolating the Breast into four quadrants and checking every quadrant independently. The palpation procedure covers the whole Breast, including the "axillary tail" of each Breast that reaches out toward the axilla (armpit). This is generally done once while remaining before the mirror and again while resting.

At long last, ladies that are not breastfeeding delicately crush every areola to check for any release.

Different memory aides are utilized as instructing gadgets. One is known as the seven P's of BSE, after seven stages that are named to have a similar first starting: Positions, Perimeter, Palpation, Pressure, Pattern, Practice, and Planning what to do if a change is found in the Breast tissue.

For pre-menopausal ladies, most strategies recommend that the self-test be performed at a similar phase of the lady's menstrual cycle, on the grounds that the typical hormone variances can cause changes in the Breasts. The most generally suggested time is soon after the finish of monthly cycle, on the grounds that the Breasts are to the least extent liable to be swollen and delicate as of now. Ladies who are postmenopausal or have unpredictable cycles may do a self-test once every month paying little mind to their menstrual cycle.

Encouraging accurately performed Breast self-assessments typically takes a prepared proficient seven to ten minutes.