

The Importance of Breast Cancer awareness in 3rd world countries: literature review

Farial Amin

King Faisal Specialist Hospital & Research Center, Riyadh, Saudi Arabia

Email: farialkabir4@gmail.com

Abstract:

Breast cancer is the most common cancer in women worldwide and 2nd leading cause of death approximately more than 1 million cases reported every year. As a matter of fact, breast CA contribute a high mortality and mobility rates. In addition, 1:9 female patients is diagnosed breast cancer, the incidence of breast CA in Pakistan 2.5 times higher than a neighboring and western countries. Women age between 40 – 70 years are more prone to breast cancer. The aim of study is to observe the prevalence of breast cancer, use of strategies, awareness, provide knowledge, family participation and counselling, early screening, self-breast examination practice especially the time of menstruation in girls, and eradicate taboos in society. In addition to that, client face challenges, they have fear, lack of knowledge, self-empowerment and resources. They do not identify earlier because of myths and misconception. The purpose of these literature review to provide more support and education among girls and women to safe once life.

Keywords: Breast cancer, family counselling/communications, prevalence, knowledge, pink power (women-empowerment), awareness programmed, health issues, taboos.

I. INTRODUCTION

The aim of study Is to observe the prevalence of breast cancer, strategies of awareness, provide knowledge, involved family in care, early screening, early warning signs, self-examination practice, and eradicate toubo in society. In addition to that, patient face challenge; they have fear due to lack of knowledge and resources they do not identify earlier. Moreover, the purpose of this

literature review to help society and decrease myths & misconception and provide more education among girls and women to safe once life

II. LITERATURE REVIEW

The aim of study Is to observe the prevalence of breast cancer, strategies of awareness, provide knowledge, involved family in care, early screening, early warning signs, self-examination practice, and eradicate toubo in society. In addition to that, patient face challenge; they have fear due to lack of knowledge and resources they do not identify earlier. Moreover, the purpose of this literature review to help society and decrease myths & misconception and provide more education among girls and women to safe once life.

III. MTHODOLOGY

Breast cancer is a second leading cause of death among women. The development of breast cancer is a multistep process involving multiple cell types and its prevention remain challenging in the world. However, early diagnose of breast cancer is one of the best approaches to prevent the mortality & morbidity in develop & developing countries. The study shown that last 5 years survival rate of CA patient is above 80% due to early prevention is some countries. Similarly, in some developing countries prevention is still challenging. Due to lack of awareness and early detection.

Breast cancer is considered the most horrible cancer in women. It is a heterogeneous disease with unknown causes. However, what is noisy about disease of breast cancer is almost no symptoms during early stage which makes early detection challenging.

Breast cancer is a metastatic cancer in commonly transfer to one organ to another such as bone, liver, lungs and brain. Which is dangerous and incurable.

In addition to that, breast CA having numerous risk factors such as **sex, aging, estrogen, family history, gene mutation & unhealthy life style**. On the other hand, breast cancer having some other contributing risk factors which can lead a vital role in developing countries that increase the

possibilities of breast cancer. Such as **lack of knowledge, poverty, fear, family communication, lack of resources and awareness, myths and misconception.**

1. **Age:** beside sex, aging is one of the most important risk factor of breast CA because incidence increasing with number of ages in women, age between 40-70years old are more prone to this disease.

“Therefore, it is necessary to have an early screening and mammography every year when women age 40 or older’.

2. **Family history:** Hx is the common cause of breast CA. women whose mother or sister has a breast cancer can prone to this disease, breast CA is partially attribute to related to gene such as BRCA1 & BRCA2.
3. **Reproductive factors:** reproductive factor can cause breast CA due to early menarche, late menopause, late age of first pregnancy, low parity.
4. **Exposure to estrogen:** both endogenous and exogenous estrogen are associated with risk of breast cancer, excessive use of oral contraceptive can cause breast CA.
5. **Life style:** studies have shown that breast CA risk increase with the amount of alcohol a women drink, alcohol can limit livers ability to control blood levels of the hormone estrogen. Which, is significantly increase the risk. However, excessive dietary fat intake & smoking also cause breast CA.

“Therefore, living healthy live, take healthy food, avoid use of alcohol, smoking, do mediation, yoga, and exercise on daily basis”.

The most common issues highlighted in communities. Such as, social isolation, anger, aggression, physiological changes and depression. It can easily exaggerated the disease. Similarly, fear, lack of knowledge, awareness, financial and family support. Ultimately women hide breast lump from their families. Hence breast cancer play a multi-dimensional role in one’s life.

IV. CONCLUSION

Breast cancer increase incidence is higher among women in Pakistan and all over the world & second leading cause of death. It is because of lack of knowledge, resources and awareness among population. Breast cancer highly effects the impact of female life because of physiological changes they cannot share their problems with the families. Therefore, early detection remain challenging in society.

Lastly, it would be recommended that awareness session in communities level should be continued, arrange pink march in universities & hospital level. So, it can help people to know this disease as much as they can. Involved male & female in all activities.

Training of self-breast examination (SBE) should be given to youngsters in school and universities, screening of mammography camp should be arranged for women age between 40 or older, should be a financial support on this screening especially in developing countries. So, the majority female avail the opportunities. Furthermore, social media play a vital role now a days should continue to provide awareness among the population by sharing video, picture & technique of SBE, distrusting pamphlets in order to that we can decrease the number of breast cancer and help early detection.

REFERENCES

- [1] Deborah O. Himes, Sarah H. Davis, Jane H. Lasseter, Neil E Peterson, Margaret F. Clayton, Anita Kinney. Does Family communication matter? Exploring knowledge of breast cancer genetics in cancer families. (2019.). *Journal of Community Genetics*, 10, 481–487.
- [2] Yi-sheng Sun, Zhao Zhao, Zhang-Nv Yang, Fang Xu, Hang-Jing Lu, Zhi-Yong Zhu, Ping-Ping Yao. Risk Factors and Preventions of Breast Cancer. (2017). *International Journal of Biological Sciences*, 13(11), 1387–1397.
- [3] Atwa, A. M. E., Hassan, H. E., & Ahmed, S. I. (2019). The Impact of a Hospital-based Awareness Program on the Knowledge of patients about Breast Cancer and Cancer Cervix. *International Journal of Studies in Nursing*. 4(1), 20–29.

[4] Asif, H. M., Sultana, S., Akhtar, N., Rehman, J. U., & Rehman, R. U. (2014). Prevalence, risk factors and disease knowledge of breast cancer in Pakistan. *Asian Pac J Cancer Prevalence*, 15(11), 4411-6.