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Practices of Breast Self-Examination and Associated Factors among Female residents in Tangail city, Bangladesh: Cross sectional study

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Objectives: Breast self-examination (BSE) is an important treatment method of early detection of breast cancer. Secondary prevention through monthly breast self-examination is the best option to tackle the rising incidence of breast cancer in Bangladesh. This study was aimed at assessing practice and associated factors of breast self-examination (BSE) among female residents in Bangladesh.

Methods: A cross sectional study design was adopted of 500 but only 304 female respondents randomly selected in Tangail city. The study was extended for four months from (1st September - 25th November) 2019. The interview was face to face, utilizing the standardized questionnaire. The information includes socio-demographic characteristics, knowledge, attitudes, practice of BSE, risk factors and barriers to practicing.

Results: Majority of the study participants, 229 (75.1%), were between 19 and 40 years old. Only 14 (26.9%) had a family history of breast cancer performed BSE regularly and 73.1% respondents had a family history of breast cancer didn't perform BSE on a monthly basis. Majority of the respondents, 266 (92.4%) had no knowledge about mammogram test and didn't perform BSE. Knowledge of breast cancer risk factors, early detection method (EDM), clinical breast examination (CBE) methods, family history of breast cancer and knowledge of breast cancer symptoms were significantly strongly associated with breast self-examination practice (BSE) ($p < 0.05$).

Conclusions: The study showed that the prevalence of breast self-examination was extremely low. Therefore, it is important to develop health educational programs in the community based and nationwide to raise awareness about BSE and early detection of breast cancer so as to practice self-breast examination.