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A RESEARCH ARTICLE ON BREAST CARCINOMA AWARNESS, BREAST SELF-EXAMINATION AND ADVANCEMENT IN ONCOLOGY

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Abstract. *Breast cancer is a leading cause of mortality among women. Many young women in the Kyrgyzstan have poor knowledge about breast cancer screening, including risk factors and warning signs/symptoms. We investigated awareness about breast cancer and breast self-examination (BSE) as a screening tool among female students at international school of medicine. This article contains the result of Survey fact and figures regarding breast carcinoma Although most participants were aware of breast cancer, knowledge about risk factors and warning signs/symptoms was relatively poor. Knowledge about performing BSE was particularly low. This highlights the importance of increasing awareness about breast cancer and BSE among young women in Kyrgyzstan.*

Key words: *Breast cancer, awareness, breast cancer screening, breast self-examination, students, international school of medicine ISM IUK, mammography, death rate.*

НАУЧНО-ИССЛЕДОВАТЕЛЬСКАЯ СТАТЬЯ ПО ОСВЕДОМЛЕННОСТИ О КАРКИНОМЕ МОЛОЧНОЙ ЖЕЛЕЗЫ, САМООБСЛЕДОВАНИИ МОЛОЧНОЙ ЖЕЛЕЗЫ И ПРОДВИЖЕНИИ В ОНКОЛОГИИ

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Аннотация. *Рак молочной железы является ведущей причиной смертности среди женщин. Многие молодые женщины в Кыргызстане плохо осведомлены о скрининге рака молочной железы, включая факторы риска и настораживающие признаки/симптомы. Мы исследовали осведомленность о раке молочной железы и самообследовании молочной железы (ГГЭ) в качестве инструмента скрининга среди студенток Международной школы медицины. Эта статья содержит результаты исследования, факты и цифры, касающиеся карциномы молочной железы. Хотя большинство участников знали о раке молочной железы, знания о факторах риска и настораживающих знаках/симптомах были относительно низкими. Знания о выполнении BSE были особенно низкими.*

Это подчеркивает важность повышения осведомленности молодых женщин Кыргызстана о раке молочной железы и ГЭКРС.

Ключевые слова: *рак молочной железы, информированность, скрининг рака молочной железы, самообследование молочной железы, студентки, международная школа медицины ISM IUK, маммография, смертность*.

ЭМЧЕК БЕЗИНИН КАРКИНОМЕСИ, ЭМЧЕК БЕЗИН ӨЗҮН ӨЗҮ ИЗИЛДӨӨ ЖАНА ОНКОЛОГИЯЛЫК АЛГА ЖЫЛУУ ЖӨНҮНДӨ МААЛЫМАТ БОЮНЧА ИЛИМ-ИЗИЛДӨӨЛҮК МАКАЛА

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Аннотация. *Эмчек безинин рагы аялдардын өлүмүнүн негизги себеби болуп саналат. Кыргызстандагы көптөгөн жаш аялдар эмчек безинин рагынын скринингги жөнүндө, анын ичинде тобокелдик факторлору жана эскертүү белгилери/симптомдору жөнүндө начар маалыматка ээ. Биз эмчек безинин рагы жөнүндө маалымдуулукту жана эмчек безин өзүн өзү текшерүүнү (BSE) Эл аралык Медицина мектебинин студенттери арасында скрининг куралы катары изилдедик. Бул макалада эмчек безинин рагына байланыштуу изилдөөлөрдүн жыйынтыктары, фактылар жана сандар камтылган. Көпчүлүк катышуучулар эмчек безинин рагы жөнүндө билишсе да, тобокелдик факторлору жана эскертүү белгилери/симптомдору жөнүндө билимдер салыштырмалуу төмөн болгон. BSE көрсөткүчтөрү жөнүндө билим өзгөчө төмөн болгон. Бул Кыргызстандын жаш аялдарынын эмчек безинин рагы жана БСЕ жөнүндө маалымдуулугун жогорулатуунун маанилүүлүгүн көрсөтөт*.

Өзөктүү сөздөр: *эмчек безинин рагы, маалымдуулук, эмчек безинин рагынын скринингги, эмчек безин өзүн өзү текшерүү, студент кыздар, ISM IUK Эл аралык медицина мектеби, маммография, өлүм*.

1. Introduction

Every year, breast cancer claims the lives of countless women worldwide, affecting nations of all technological levels [2]. 2.1 million new instances of breast cancer in women were diagnosed in 2018, accounting for nearly one in four cancer cases in women. According to the World Health Organization (WHO), 627,000 female cancer deaths were attributed to breast cancer in 2018. This figure represents 15% of all female cancer fatalities [1]. With an estimated 1.67 million new instances of breast cancer reported in 2012, it is the second most common cancer in the world and the most common cancer in women [3]. Out of three WHO recommended oncological diseases for screening Breast cancer is one of them. According to "24. Kg News" Agency breast cancer took the first place in the incidence of cancer in women in 2021 in Kyrgyzstan which is a matter of deep concern [4]. Survey about breast cancer awareness in my own university ISM IUK Kyrgyzstan, revealed that a large percentage of female university students had insufficient awareness of breast cancer. This shows that increasing breast cancer

awareness could help the young women experience fewer breast cancer cases.

Aims and objectives

1) Determine how well-informed female students are about the causes, symptoms, and risk factors for breast cancer as well as the existence and use of BSE

2) Examine the relationship between knowledge of breast cancer risk factors and early warning signs/symptoms of medical disciplines and non-medical discipline.

2. Materials and methods.

We investigated the level of knowledge of BSE and breast cancer among female students and teaching staff females at International School of Medicine [ISM IUK]. The target group consisted of female undergraduate students age group. We disqualified male candidates, female students under the age group 18. Using a Google form a survey was conducted. Almost 43 were received in total. Based on questionnaires used in comparable earlier studies carried out in Egypt (Boulos and Ghali, 2014), Nigeria (Makanjuola et al., 2013), North-East London (Forbes et al., 2010), and Turkey, a questionnaire was created for this investigation (Karayurt et al., 2008). The participants' sociodemographic information [1]; their awareness of breast cancer, risk factors, and early warning signs and symptoms [7]; and their understanding of BSE and its use. Data was gathered during March 2023. Age, academic year, and marital status were among the demographic variables collected. The participants' knowledge of risk factors and symptoms/signs was examined using 11 questions. Participants were rated as knowledgeable if they correctly answered six or more of the 11 questions; unknowledgeable if they accurately answered five or less. The survey also asked 9 questions about the breast cancer symptoms and warning signals. Participants were rated as knowledgeable if they properly identified five or more warning signs or symptoms, whereas those who correctly guessed four or less were rated as unknowledgeable. The questionnaire's final section tested participants' understanding of the objective of BSE (e.g., "BSE is to detect lumps in the breast"), the recommended frequency of BSE (e.g., "weekly," and other related topics).

Data analysis**.** Following data collection, the information was arranged, coded, and tabulated using Microsoft Office Excel and SPSS version 22. Descriptive statistics and Pearson's chi-square tests were used in the statistical analysis.

3. Research results.

43 females' students took part in the study overall. 78.8% percent of participants were between the ages of 19 and 24 and 16.7% from both groups were married. 64.3% of participants were undergraduates. Most (99.2%) participants had heard of breast cancer. The main source of information about breast cancer was social media (74.7%), such as Facebook, Twitter, and Instagram. A family history of breast cancer was reported by 38.6% of participants, and three participants reported a personal history of breast cancer. 49.8% of the participants said they were familiar with breast cancer risk factors. The risk variables that were accurately identified the most frequently were personal history (82.2%) and family history (84.2%) of breast cancer. More than 50% of individuals accurately identified smoking and chest radiation as risk factors (63.1% and 59.3%, respectively). The two least prevalent risk variables were obesity and advanced maternal age at full term here we get mixed responses for. 45,2% students were not aware of BSE and they never do. only 6.6%

of participants had attended a BSE training course. The medical campus had the greatest percentage of participants who completed BSE (39.1%), whereas the west campus had roughly equal numbers of participants who performed BSE (30.4%). According to our findings, 95% of the participants felt that knowledge of BSE and breast cancer should be raised. According to our research, 38% of participants believed that offering free training courses at the university would be the most effective way to raise public knowledge about BSE and breast cancer. Also, 34% believed that additional awareness campaigns would be an effective way to raise awareness, and 28% said that required courses on BSE and breast cancer would be preferable

4. Discussion

Breast cancer is the most common type of cancer among women. Breast cancer awareness and regular practice of BSE facilitate early detection of breast cancer, which improves the chances of survival and better health outcomes. Few studies have investigated knowledge about breast cancer and BSE among university students in the Kyrgyzstan, and this is the first study conducted among female students at the University of Sharjah. Our study provides useful insights to help address this knowledge gap We found that most participants (98.8%) had heard of breast cancer, with social media being the most common source of information. This finding was consistent with a study conducted among female students in Egypt that showed mass media (TV and radio) was the main source of information about breast cancer for 89.1% of participants [1]. Similarly, a study in Yemen reported mass media was the main source of information for 81.6% of participants. This may be explained by the similar levels of mobile technology penetration in Egypt and the Kyrgyzstan. Furthermore, our sample was a group of University students and teachers participated too, who tend to be technology survey. In our study, around half of the participants were knowledgeable about risk factors and warning signs and symptoms of breast cancer. The most frequently identified risk factor was personal history of breast cancer (82.9%), which was consistent with a study conducted in Turkey among high school students (68.7%) [6,8]. We also found that students from the medical campus were more knowledgeable about breast cancer risk factors compared with those from the West campus. However, this may be attributable to the topics studied in the medical campus. This finding was also consistent with a study conducted among medical and non-medical students in Southern Punjab, Pakistan that reported medical students' knowledge about risk factors was significantly better than that of non-medical students, although the overall level of knowledge was insufficient. Less than half of our participants were knowledgeable about the warning signs and symptoms of breast cancer. This suggests that the level of knowledge about warning signs and symptoms was insufficient. This was consistent with the study by Sudhanthra and Relton (2014), which reported less than 35% of participants were aware of the early warning signs of breast cancer [6]. Among our participants, "breast lump" was the most commonly identified warning sign/symptom, which was consistent with previous findings. As expected, students from the Medical campus were more knowledgeable than those from the other two campuses. A concerning finding in our study was that few (28.8%) participants performed BSE, and most of these participants rarely performed BSE. This finding was consistent with that of a study among female university students in Jordan

that reported 11% of participants performed BSE. The two most common reasons for not performing BSE given by participants in our study were “forgetting” and “do not know how to perform BSE.” The study involving Egyptian students reported similar reasons for not performing BSE, such as “did not know how to perform BSE” and “lack of interest”. An encouraging finding from our study was that most students agreed that awareness about breast cancer and BSE should be increased, with popular methods of increasing awareness being free university-based training courses and more overall awareness campaigns.

This study had some limitations that should be considered. We used a purposive sampling method; therefore, our study sample may not be representative of all female students at IUK. In addition, our findings cannot be generalized to all female students or more widely to female university students elsewhere, because potential participants did not have a random chance of being selected. Furthermore, the required sample size for this study was calculated at 70 to 100 participants, but only 50 participants were approached because of time constraints.

5. Conclusion

According to our findings, female students and teachers had varying levels of knowledge regarding BSE and breast cancer, with knowledge being higher on the Medical campus than on the other campuses. Despite the fact that most people were aware of BSE, only 28.6%used it. This indicates the necessity for quick actions to educate female students about breast cancer and BSE. According on comparisons with comparable research carried out in other nations, there is probably a global need to increase awareness of breast cancer among female university students. To discover anomalies in their breasts and spot breast cancer at an early stage, female university students need to be encouraged to use BSE on a regular basis and made more aware of breast cancer. For female university students, appropriate educational interventions, such as optional courses that focus on essential facets of women's health might be crucial. Offering free BSE training programs could also be a successful strategy for increasing awareness. More research is now possible thanks to the fresh knowledge and insights this study has provided about university students' knowledge of breast cancer and BSE. It is advised that future research in this field employ a probability sample technique to increase the study population's representativeness, the generalizability of the findings, and provide more reliable results.

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