

BREAST CANCER AWARENESS AMONG WOMEN IN INDIA

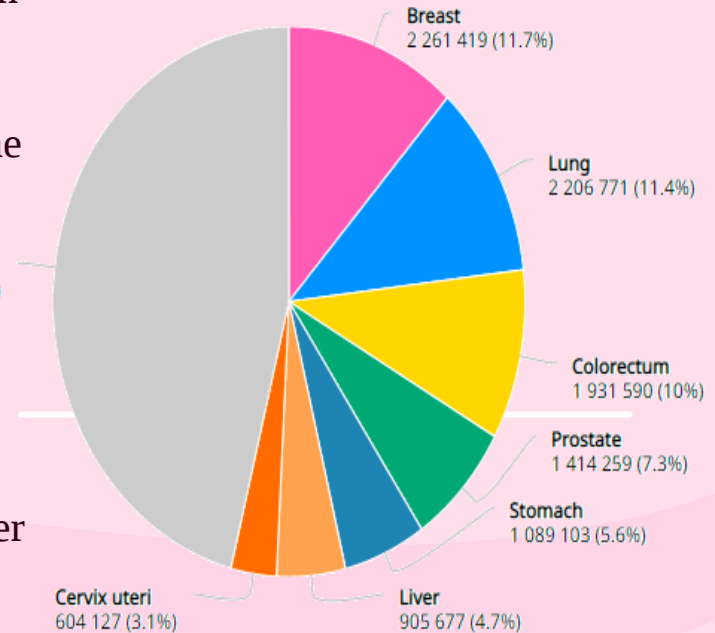


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Introduction

- ❖ Based on World Cancer Research Fund International data 9.3M cancer cases were in men and 8.8M cancer cases in women worldwide
- ❖ Breast cancer, lung cancer and colorectal cancer were the top 3 types of cancer among both sexes contributing 12.5%, 12.2% and 10.7% of the cases respectively
- ❖ Among men, lung cancer remains most common cancer type contributing 15.4% of 9.3M cancer cases in men
- ❖ Among women, breast Cancer is the most common cancer contributing 25.8% of the 8.8M cancer cases in women

Estimated number of new cancer case by both age, sex in 2020



Breast Cancer in India



Approximately **2 lakh**
Breast cancer cases are
diagnosed each year in India



1 in every **22** women in
urban and **6** women in rural
India is at risk of developing
breast cancer



Breast cancer is
responsible for nearly a
quarter of all new
cancer cases in India



Out of every **2** women
diagnosed with breast
cancer die within five
years in India



50% mortality rate due
to delayed or late
diagnosis of breast
cancer in India



Breast cancer will kill
more women in India
than any other disease
by **2030**

Review of Literature

Title	Year of Publication	Findings
Breast cancer awareness among women in an Urban setup in Western India	June 2021	There is lack of breast cancer awareness and is most likely due to lack of information which is most significant barrier to frequent breast cancer screening
Level of awareness and practices of women regarding BC in Chhattisgarh, India	November 2018	BC cancer symptoms, risk factors, and screening procedures were all unclear to women
Breast Cancer awareness at community level among women in Delhi	2015	Only 34.9% of women did breast self examination and only 6.9% had received a clinical breast examination

Methodology

OBJECTIVE : To assess knowledge, perception, and risk awareness about breast cancer among adult women population aged 20 to 75 years of India

RESEARCH QUESTIONS : What is the perception and awareness level about breast cancer among adult women population aged 20-75 years of India?

STUDY DESIGN : Descriptive cross-sectional study

SAMPLE SIZE : 101 individuals were considered for the study from states of Rajasthan , Gujarat, Bihar and Delhi

SAMPLE DURATION: March 21 to June 18, 2022

INCLUSION CRITERIA: All females above 20 years of age and below 75 years of age residing in India

EXCLUSION CRITERIA: All females below 20 years of age and above 75 years of age residing in India

DATA COLLECTION : Primary data about awareness and knowledge of breast cancer among women collected in online mode using google form

Methodology

STUDY TOOL : Questionnaire is prepared for the study on awareness, knowledge, and perception about breast cancer

RESEARCH INSTRUMENT : Primary data collected on knowledge, awareness and perception of breast cancer was analyzed by Microsoft Excel. Descriptive/ inferential statistics was carried

LIST OF VARIABLES

Dependent Variables

- ❖ Knowledge about different risk factors of BC
- ❖ Knowledge about early detection methods of BC
- ❖ Knowledge about symptoms of BC
- ❖ Knowledge about treatments of BC
- ❖ Family history of BC
- ❖ Personal habits impacting BC

Independent Variables

- ❖ Living place
- ❖ Education level
- ❖ Socio-economic level
- ❖ Age
- ❖ Marital Status



Results

Socio Demographic characteristics

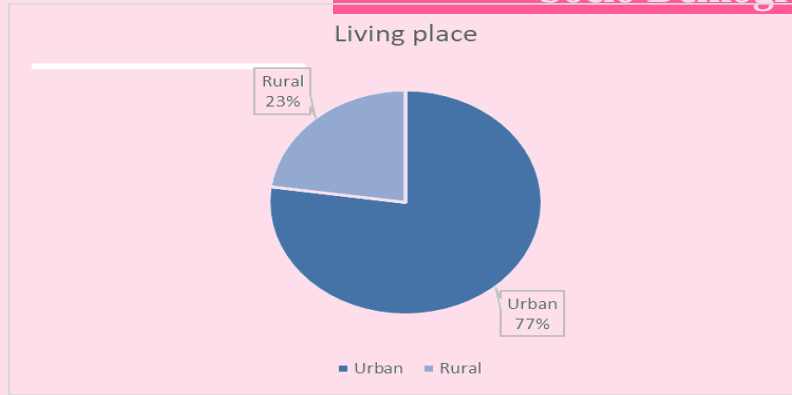


Figure: Living place of sample

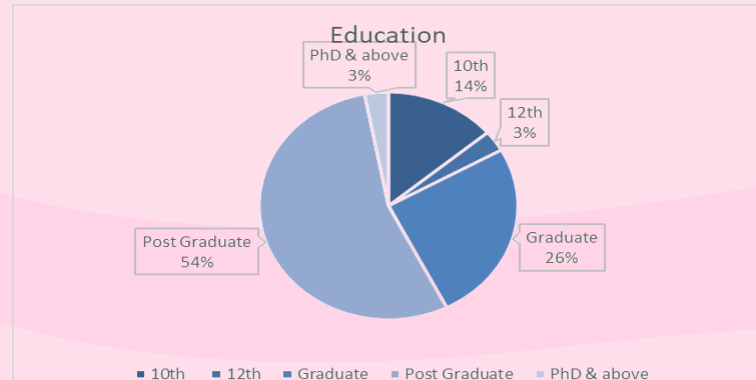


Figure: Education level of sample

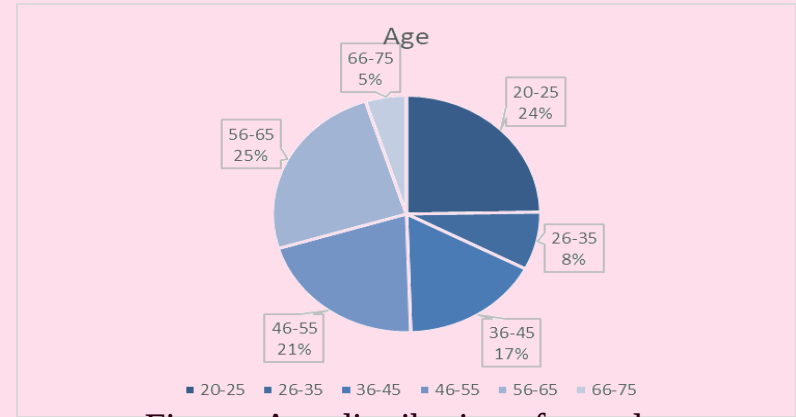


Figure: Age distribution of sample

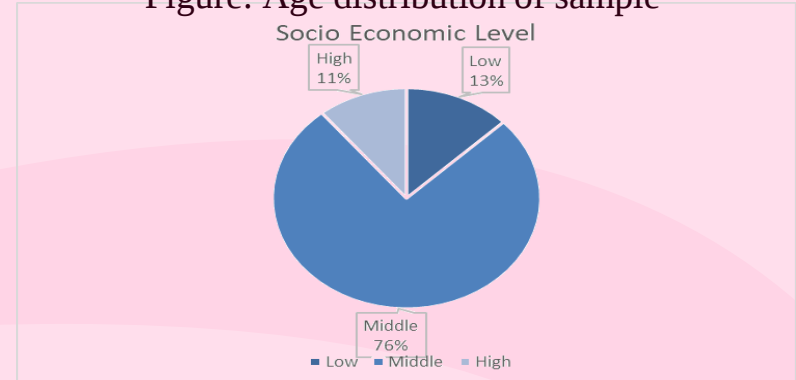


Figure: Socio Economic level of sample

Results

Knowledge about Breast Cancer

Knowledge about any of the following detection methods of Breast Cancer?

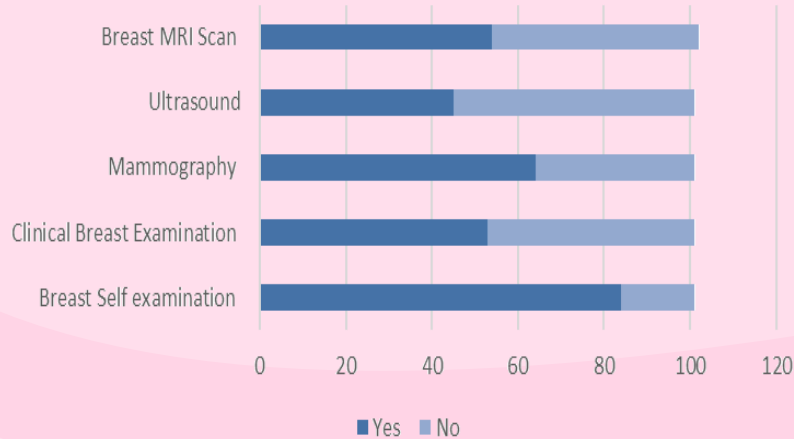


Figure: Knowledge about any Breast cancer detection methods

Knowledge about any breast cancer symptoms

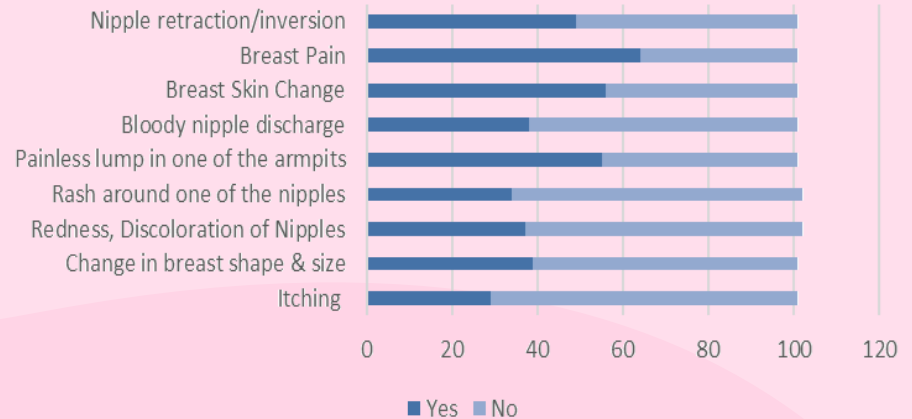


Figure: Knowledge about any Breast cancer symptoms

Results

Knowledge about Breast Cancer

Knowledge about any one of the following Breast cancer treatments

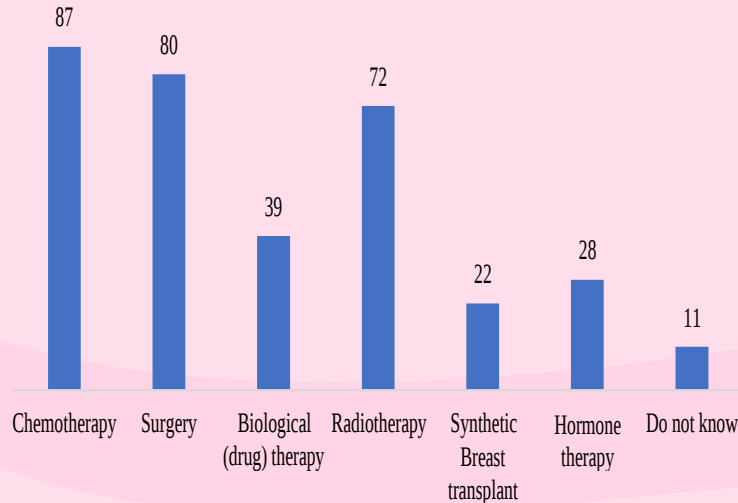


Figure: Knowledge about any Breast cancer treatments

Do you have heard about the early detection methods of Breast Cancer?

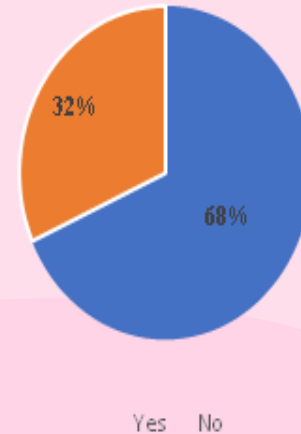


Figure: Knowledge about detection method of Breast cancer

Results

Study of participants risk of Breast Cancer

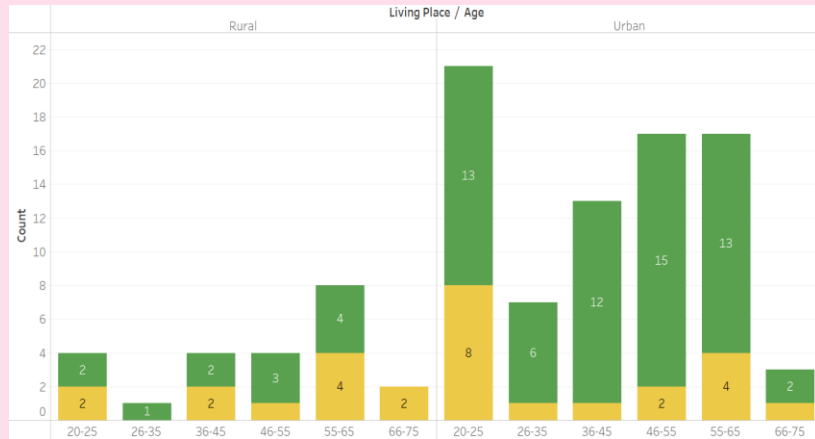


Figure: Knowledge about risk factors of Breast cancer by age

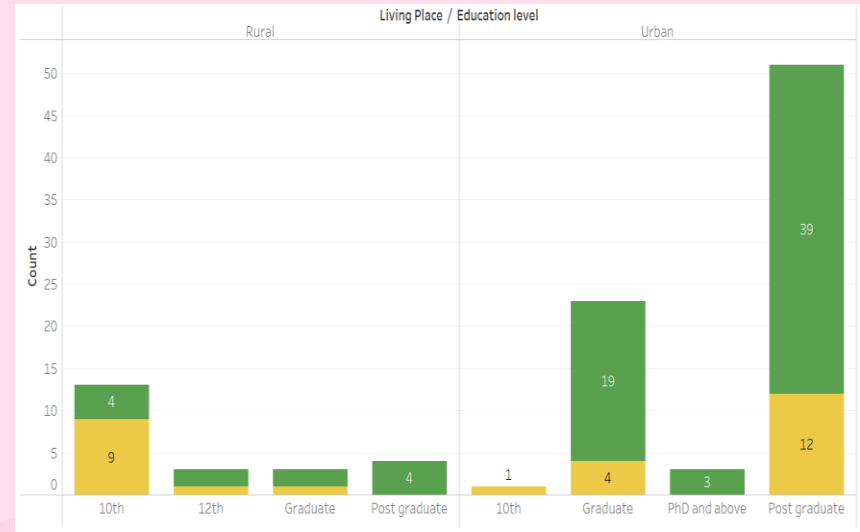


Figure: Knowledge about risk factors of Breast cancer by Education level

Results

Study of participants risk of Breast Cancer

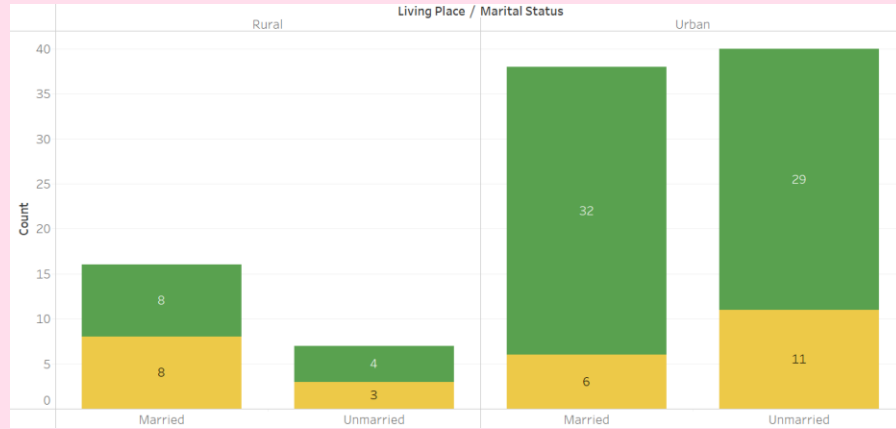


Figure: Knowledge about risk factors of Breast cancer by Marital status

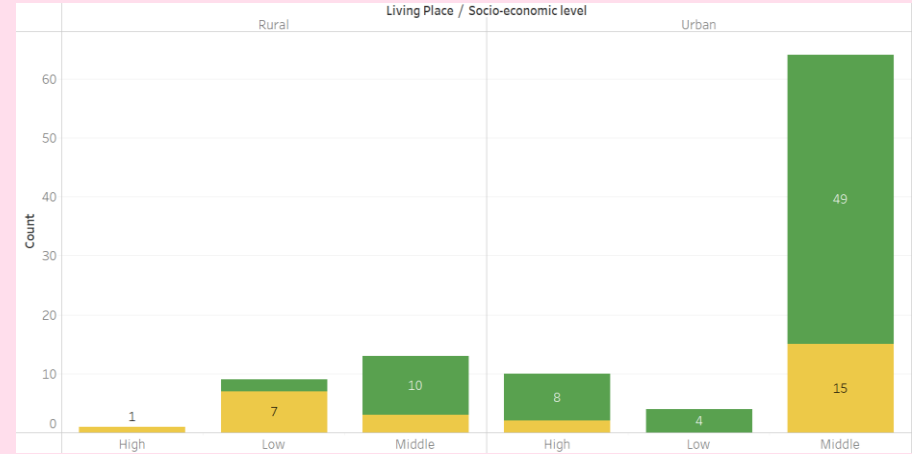


Figure: Knowledge about risk factors of Breast cancer by Socio economics status

Conclusion

- 72% of respondents were aware about the risk factors associated with breast cancer
- Among the different risk factors associated with breast cancer diet & diet related factors, gender and obesity came as top 3 with awareness of 71%, 68% and 57%. 68% of the respondents
- 83% of respondents were aware of it self examination of Breast cancer
- Respondents were mostly aware of chemotherapy (86%), surgery (79%) and radiotherapy (71%) as the options fortreatment for breast cancer
- The awareness about the risk factors related to breast cancer was better among married women(74%) against unmarried women (70%)
- The awareness among age groups 26-35, 36-45 and 46-55 years was highest with average awareness level of 85% indicating high awareness of breast cancer among young and middle-aged women
- Positive correlation between education level and awareness about the breast cancer as the education level rises so does the awareness with graduate and postgraduate having highest awareness of around 80%

Recommendation

- ❖ The government of India should implement strategic and effective preventive and early detection programmes or interventions for breast cancer
- ❖ Through educational initiatives increase community awareness of breast cancer prevention, preventable breast cancer risk factors, the benefits of early detection, and the availability of screening facilities
- ❖ Continuing medical education programmes with a greater emphasis on breast cancer in nursing curriculum at institutional level and other healthcare training institutions should be a priority
- ❖ Promotion of breast cancer health apps that will help in creating awareness and prevention of breast cancer among Indian women
- ❖ Encourage startups that are focusing on AI & ML driven screening of breast cases which can significantly help practitioners to detect and treat early

References

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