

4th Global Summit on

Healthcare

November 09-10, 2015 Dubai, UAE

Evaluation of breast cancer awareness among Saudi female in Tabuk city, Saudi Arabia (2015)

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Background: Breast cancer is the leading cause of death in women worldwide. In Saudi Arabia breast cancer ranks first among cancerous diseases in females.

Aim: We conducted this study to assess the awareness among Saudi women in Tabuk city about breast cancer risk factors, screening programs and there practice of breast self-examination (BSE).

Methods: Cross-sectional survey of 400 women attending in the outpatient clinics of King Khalid Hospital in Tabuk city was carried out between 15th July and 1st August 2015. Using self-administered questionnaire consisted of socio-demographic variables, breast cancer risk factors, protective methods and knowledge about breast self-examination. Data were analyzed using SPSS version (20).

Result: The participant ages ranged from 26 to 40 years. Out of 400 participant, only 13 (3.25%) were aware that early menses is a risk factor for breast cancer while 268 (67%) of participants identified old age as risk factor. The most widely known risk factor for breast cancer was family history (83.5) and close to 60% identified family history as major risk factor. Other risk factors got moderate response, including cigarette smoking (55.75%), late menopause (52%), high fat diet (51.25%) and lack of breast feeding (47.75%). Old age (15.5%) and late menses (3.25) got low response. Close to 90% of participant heard about BSE and 43.25% knew how to perform BSE but only 13.25% had performed it. Just 52 participants (13%) underwent breast screening.

Conclusion: This study has shown that the participants have poor knowledge of breast cancer, and its associated risk factors, as well as breast self examination. Public awareness interventions are needed in order to overcome burden of this disease among Saudi females.

Biography

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