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Abstract

Background: Breast cancer is to be one of the crucial public health problems around the globe. The major issue is that lack of knowledge of breast cancer symptoms has usually been related with patient slow in asking medical relive resulting in decreased survival.

Aims and Objectives: To investigate the barriers to perform early screening of Breast Self-Examination (BSE) among high risk young female.

Materials and Methods: This study was conducted among 70 female medical students aged between 18–23 years. They were recruited for this study after meeting inclusion and exclusion criteria. The semi structured pretested questionnaire was used to gather the data information.

Results: The mean age was 18 years and (Body Mass Index) BMI was 21.01. In total sample, 32(45%) of the student had performed BSE, 38(55%) have not performed and unaware about the signifcance of BSE. Nearly half the students 37(53%) stated that they never felt the need to do BSE because they don't know how to do it and around 25(35%) stated due to absence of symptoms.

Conclusion: In summary, most of the young females were preferred individualized method for overcome barriers to screen BSE than other method.

Keywords: Breast cancer; Breast self-examination; Early screening; High risk young adults

Introduction

Prevention is the excellent choice to out t the increasing epidemic of breast cancer. In view of this, screening, early detection and public health awareness programs are foundation [1]. More than 90% of cases of breast cancer can be detected by women themselves, stressing the importance of Breast Self-Examination (BSE) as the key breast cancer detection mechanism [2]. e problem is that poor awareness of breast cancer symptoms has usually been associated with patient delay in seeking medical help resulting in reduced survival. ere is a paucity of literature on removing barriers to breast screening among high risk young adults.

Breast cancer is to be one of the crucial public health problems around the globe [3]. ere is an increase rates, in the developed world decreased in the developing countries like Asia, Middle East, and Africa [4]. erefore, primary prevention and early diagnosis of breast cancer are vital. One of the major di culties regarding breast cancer is

incidence rates in Arab women have increased during the last 24 years, but women are still being diagnosed with Breast Cancer at more advanced stages of the disease [8].

screening among high risk student population.

Materials and Methods

A cross sectional study was conducted in the Departments of Physiology, Chennai Medical College Hospital and Research Centre (SRM Group), Tamil Nadu, India.

Study design

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Aims and Objectives

To study the knowledge and practice for removing barriers to breast

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