

**KNOWLEDGE AND PRACTICE ON BREAST SELF-EXAMINATION AMONG WOMEN IN
URBAN POPULATION, LETPADAN TOWNSHIP, BAGO REGION**

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Abstract

Breast cancer is one of the public health problems in both developed and developing countries. Breast self-examination is important for early detection of breast cancer that is easy to make if gain information about breast self examination among women in population. A community based cross-sectional study was conducted among women in urban, Letpadan Township from September to December, 2016. This study aims to assess the knowledge and practice on breast self examination among women between 30-60 years. A total of 216 women were interviewed by using pre-tested structured questionnaires. Mean age of women was 43 years and most of the respondents were married. Nearly half of the respondents were completed primary education and about (70.1%) of the respondents had children were less than equal 3 and out of 187 respondents, 183 (97.9%) breast feeding to their children. Out of 216 respondents, about 103 (47.7%) were dependent and 151 (70%) had below five family members. Most of the respondents 164 (76.0%) had monthly family income were between 100000 and 300000.

All of the respondents heard about breast cancer and about (93.5%) of women recognized breast lump as symptom of breast cancer. The most frequently cited treatment method for breast cancer was surgery (96.8%) and followed by radiotherapy (88.9%). About (98.6%) of women mentioned that breast cancer can be cured if it was detected early. Nearly all of the respondents knew about breast self examination. They gained information about breast self examination from neighbors was (68.9%) and (34.9%) mentioned that after menstruation is the right timing of BSE. Knowledge on steps of BSE of respondents, about (17%) of them could mention only one step, (40.6%) mentioned two steps and (1.4%) knew on all steps and (72.2%) of them had practice on BSE. More than half of respondents (54%) had good knowledge level on breast cancer and BSE.

The study showed statistical significant association between educational level, family members and knowledge level of breast cancer and BSE ($p < 0.05$). About nearly half of the respondents had low knowledge level on breast cancer and BSE. This finding showed that information about breast cancer and BSE among urban women were inadequate. More information about breast cancer and breast self examination should be provided among women in urban population.