

Breast Cancer Awareness among the Graduate Students

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Abstract

Breast cancer is the malignant tumour (a tumour with the potential to invade other tissues or spread to other parts of the body) that starts in the cells of the breast. It occurs both in men and women. However male breast cancer is rare. Breast cancer is the commonest cancer in women worldwide. The developed countries with a small proportion of the world population account for almost 50% of breast cancers diagnosed worldwide. Breast cancer is the most common cancer in women in India and accounts for 14% of all cancers in women. The incidence rates in India begin to rise in the early thirties and peak at ages 50-64 years. Overall, 1 in 28 women is likely to develop breast cancer during her lifetime. In urban areas, 1 in 22 women is likely to develop breast cancer during her lifetime as compared to rural areas where 1 in 60 women develops breast cancer in her lifetime. For every 2 women newly diagnosed with breast cancer, one woman dies of it in India. In 2018, 1,62,468 new cases and 87,090 deaths were reported for breast cancer in India. Breast cancer awareness programs are more concentrated in the cities and have not reached the remote and rural parts of the country. Women often do not present for medical care early enough due to various reasons such as illiteracy, lack of awareness and financial constraints. Owing to the lack of awareness of this disease and in absence of a breast cancer screening program, the majority of breast cancers are diagnosed at a relatively advanced stage. The aim of the study is to find the level of awareness among college students of Dharmapuri, about knowledge on breast cancer, its risk factors, Self-examination methods, screening procedures and treatment methods.

Keywords: Breast Cancer; Self-examination; Mammography; Graduate students; Awareness

1. Introduction

According to the statistical report of *Globocan database 2018*, an estimate of 162-468 (14%) annual incidences and mortality of 87-090 females of breast cancer were reported in India. Breast cancer today has become the 1st cancer type to effect Indian women of all ages. Many low and middle income countries now face a double burden of breast and cervical cancer which represent top cancer killers in women over 30 years old.

Breast cancer awareness is an effort to raise awareness among people about the unique characteristics of the cancer, causes, symptoms, prevention and treatment to reduce the stigma related to it. Raising general public awareness on the breast cancer problem and the mechanism to control are the key strategies for breast cancer control (WHO). Most studies have also revealed that greater knowledge can help the society be socially aware about the disease and thus decrease the mortality rate.

As early detection is the main key to cure breast cancer, it's the sole responsibility of the individual himself/ herself to identify the early signs of the disease. Breast Self-examination makes a women more "breast aware" which in turn may lead to an earlier diagnosis of breast cancer. Although the cancer usually develops after the age of 45 years, the age of onset is decreasing and more young women's are affected(Gwarzo et al.). Young women's cancer is generally more progressive and results in lower survival rates which again indicate the aspect of early detection is even more important (Cancer Council, Australia).

In the present scenario breast cancer awareness campaigns have been initiated by lot of agencies and organisations all over the world. The month of October is celebrated as Breast cancer month indicated by the colour pink. A Pink ribbon is usually taken as its symbol which is associated with the use of the pink ribbon. This study on awareness of breast cancer among graduate students mainly attempted to understand the level of awareness about breast cancer and draw necessary inferences to look for new avenues of social work intervention.

2. Research methodology

A study was carried in a group of graduate students in Dharmapuri to determine the awareness of breast cancer among both the male and female. The study area contained graduate students from the background of arts and humanities. The researcher used descriptive research design. A structured and pretested

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