

Information, Perception, and Risk Awareness about Breast Cancer and Its Treatment Outcome among Students at the University of Gondar in Northwest Ethiopia

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Description

Breast cancer is one of the most important life-threatening public health issues that Ethiopians are concerned about. Knowledge and understanding of the disease will aid in reducing the number of cases that present late in the disease's progression. The aim of this survey was to find out how well female medical and health science students at the University of Gondar in Ethiopia knew about breast cancer and how they perceived it. Breast cancer is one of the most serious public health concerns, endangering the lives of millions of women around the world. This type of cancer is malignant by nature, putting breast tissue at risk, and it can affect either the tubules that carry milk or the ducts that contain it. This form of cancer can spread to other parts of the body or invade nearby tissues. The disease is most often found in women, but it can also affect men. Breast cancer incidence has risen by 3.1 percent a year since 1980, rising from 641 000 in 1980 to 1 643 000 in 2010. According to various studies, the prevalence of breast carcinoma is substantially rising in Sub-Saharan African and other resource-poor countries. The overall incidence in Ethiopia is also rising; it is estimated that about 10,000 women and men are affected, with many more cases going unreported because women in rural areas tend to seek cultural treatment rather than seek medical help. Breast cancer is caused by a variety of factors that are not completely known. However, a number of predictors that can raise the risk of breast cancer have been reported by a number of researchers. Family and individual histories of breast cancer; delayed menopause early menarche late age at first full-term pregnancy alcohol use; aging;

never breastfeeding a child; contraceptive use; cigarette smoking; high fat diet; obesity recent and long-term use of hormone replacements; physical inactivity; high-dose x-ray to the chest. While mammograms are commonly used to test for such malignant tumours in developed countries, most women in Sub-Saharan Africa do not have access to them. According to the current situation, it is unlikely that amendments will be made in the coming days. Breast self-examination (BSE) is an easy, rational, and realistic method of screening for African women who do not have access to mammography. It is possible to diagnose BSE early with appropriate BSE preparation, clinical breast examination, and thorough health education about the disease. Women who do BSE on a regular basis become accustomed to the feeling and look of their breasts, which allows them to detect changes early. However, if it is performed incorrectly, there could be false positive or negative results associated with bad BSE, which may lead to a great disappointment in undergoing mammographic screening, even if it is available and easy to access. In Ethiopia, there is a lack of knowledge, as well as stigma and myths about cancer, such as the belief that all cancer cases are incurable. As part of this, a small amount of work has been done so far to raise awareness that most cancer cases can be avoided, even cured, if diagnosed early, and that quality of life can be improved. Since the current research focuses on children, it reinforces cancer identification and prevention strategies at a young age, provides resources for education to shape health habits into adulthood, and encourages discussions between students and their guardians and relatives. The aim of this study was to learn more about the skills, perceptions, and risk tolerance of female medical and health science students at the University of Gondar in Ethiopia. The overall level of awareness about breast cancer was poor in this research. The majority of the participants were unaware that complex risk factors associated with breast cancer include having a first child after the age of 30, early onset of menses, and menopause after the age of 55. However, only a small percentage of the participants were familiar with clinical breast examination recommendations. The most commonly correctly diagnosed signs of breast cancer were pain in the breast area, change in breast shape, and nipple discharge. The majority of participants, on the other hand, recognized old age, family background, and smoking as potential risk factors for breast cancer, and they had a positive attitude toward breast cancer care and outcomes. Department and year of study were discovered to be independent predictors of participants' expertise.