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Breast self-examination practice and its impact on breast cancer early diagnosis

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Background and Aim : Early detection and adequate treatment are two strategies for reduction of breast cancer mortality. BSE is the easiest and the cheapest method to screen breast cancer and despite of Mammography, BSE performing is widely possible in developing country. It remains the most controversial of commonly recommended strategies for breast cancer screening. Some studies confirm relationship between BSE and early diagnosis and others not. In this study we sought to estimate the frequency of BSE among breast cancer patient and to identify any relationship to the stage of the disease at diagnosis and patient-related diagnostic delay.

Methods : A cross-sectional study was performed and sampling methods was convenient. For ۲۹۹ newly diagnosed patients, information was collected using questionnaires by phone interview. Stages of disease were determined using medical records. Data were analyzed by spss program.

Results : Of the ۲۹۹ women studied ۴۵(۱۵,۱٪) reported monthly BSE and ۱۸۷(۶۲,۵٪) didn't exam themselves. BSE was positively associated with educational level and employment ($p=۰,۰۰۵, p=۰,۰۳۷$). There was no relationship between BSE and tumor staging at the time of diagnosis ($r = -۰,۰۰۵, p = ۰,۳۷۲$). the patient-related component of delay was not related to BSE practice ($r = -۰,۰۰۲, p = ۰,۶۵۳$).

Conclusion : This study didn't confirm relationship between early diagnosis of breast cancer and patient related of diagnosis delay. These results may be due to inadequate BSE practice and because the most women do not know or practice breast self-examination. They may be fearful of developing breast cancer and that many have never given a breast examination by a physician.

Keywords : Breast self examination- Breast cancer- Early detection