

OP28.5

Evaluation of breast cancer risk levels and its relation with breast self-examination on practices in women

Ruhusen Kutlu, FG Cihan

NE University Meram Medical Faculty Family Medicine Department, Konya, Turkey

Corresponding author: Professor Ruhusen Kutlu, Necmettin Erbakan University Meram Medical Faculty, Family Medicine, Konya, Turkey. E-mail: ruhuse@yahoo.com

Background & Aim: This study was performed to determine the breast cancer risk (BCR) levels and its relation with the frequency of breast self-examination practices in women who are 20 years old and over.

Method: This descriptive study was conducted on the 850 women, applying to family medicine outpatient clinic for any reason. The participants fulfilled the “Breast Cancer Risk Assessment Form” which is recommended to assess the risk of breast cancer by the Ministry of Health. The participants’ risk levels have been classified as; low, medium, high, and the highest risk.

Results: The mean age of the participating women was 38.1 ± 13.5 years, 69.2% (n=588) were married, 54.8% (n=475) were housewives, 34.2% (n=291) were working, 42.4% (n=360) were graduated from primary school and lower, 17.5% (n=149) were smoking. The average risk score for breast cancer of the patients was 130.2 ± 43.8 (50-290) points. As a result of this study, 87.9% of women (n=747) had a low breast cancer risk, 12.1% (n=103) medium, nobody was identified as having high risk. The data demonstrated that 75.8% of women (n=644) weren’t doing breast self-examination (BSE). The rate of previous breast USG or mammography screening was 32.1% (n=273). There was no statistical relation between the breast cancer risk levels and BSE ($p=0.274$). Statistically, menarche, body mass index, menopause age were related with the BCR levels ($p<0.001$).

Conclusions: The breast cancer risk was low among the women in the study group and breast self-examination rates were insufficient. Besides training women by emphasizing the importance of breast self-examination on early diagnosis, the breast cancer risk questionnaire - an easy to implement, simple and cost effective tool - is recommended to be administered in the primary health care centers.