

RISK FACTORS OF BREAST CANCER IN ABHA CITY: A CASE CONTROL STUDY

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ABSTRACT

Breast cancer remains the most commonly diagnosed cancer in women, and it is the second leading cause of cancer related death. Worldwide; more than a million women are diagnosed with breast cancer every year. Breast cancer incidence is increasing in most regions. The Objectives include: to Study the risk factors of breast cancer among Saudi women and initiate women's awareness regarding breast cancer. The case control study was the selected study design, setting: Departments of surgery and chemotherapy at the Asser general hospital in Abha city, Saudi Arabia. The index group (n= 32) was cases of confirmed female breast cancer patients presented in the surgical and chemotherapy departments during the period of the study. The control group was women attending mammogram unit and free from the disease. Tools of data collection: A structured questionnaire was prepared in Arabic. Data were collected by personal interview method. Health awareness lecture was given to women in public places and faculties. Though cases are more obese than controls (21.88% compared to 32.69%) yet the difference is not statistically significant ($p > 0.05$); however, Odds ratio = 1.735

It was found that age of menarche of cases is significantly lower (11.875 ± 1.373 y) than that of controls (13.288 ± 1.412 y) ($t=2.138$, $p < 0.05$). The median duration of breast feeding was shorter among cases than controls (16 compared to 48 months). There is no significant difference between cases and controls regarding age of first pregnancy, number of children, or age of menopause ($P < 0.05$ respectively). History of use of oral contraceptive pills is found to be significantly more among cases than controls where $X^2= 5.556$ and odds ratio= 3. Estimated cancer risks detected by this research are lack of physical exercise (14.17), don't eat vegetables or fruits (5.455), use of oral contraceptive pills (3.00), self examination of the breast (4.822) and breast biopsy whenever indicated (2.583), and younger age of menarche. The study recommended with further studies on a large sample size for generalization, awareness program for women about breast awareness should be initiated, health promotion should be provided through healthy guidelines and nutritional education programme focusing on healthy diet and the importance of eating fresh vegetables and fruits.

Keywords: Breast Cancer ,Risk Factor , Mammogram , Awareness, and Health Education.