

# Awareness of self breast examination among female National Youth Corps Members in Lagos State, Nigeria

- A.O. Alabi
- A.S. Alabi
- O Salako
- A.C. Sowunmi
- A.O. Ogunyemi
- O.A. Fatiregun
- O.K. Ololade
- N.Y. Okunnuga
- A.T. Ajekigbe

**Keywords:** Awareness, Self breast examination, Early detection, Nigeria

## Abstract

**Background:** Breast Cancer is the most common female malignancy in Nigeria. Incidence of breast cancer is increasing globally among younger generations. Early detection, early presentation and prompt treatment offer the greatest chance of long-term survival in Breast cancer. Self-breast examination (SBE) is an option which is highly recommended for women starting in their 20s. Women should be told about the benefits and limitations of SBE.

**Objectives:** The aim of the study was to assess the level of awareness and practice of SBE among female corp members in Lagos state.

**Methods:** The study was a descriptive cross-sectional survey. It was conducted at the Orientation Camp of the National Youth Service Corper in Lagos State. Four hundred and twelve female corp members participated in the study. Data was collected using self-administered questionnaires to evaluate information such as demographics, level of awareness and practice of SBE.

**Results:** The age range of the respondents was between 19-32 years with mean age of 24.7 years. Majority, 233(56.6%) of the respondents were between 20-25 years. 395(96.4%) of the corp members were aware of SBE, 244(59.2%) were informed about SBE by a health worker and others informed through health campaigns, posters and friends. The study showed that 308(74.8%) had done a SBE while only 74(18%) of the corp members had had a clinical breast examination(CBE) in the past. 197(47.8%) felt SBE should be done occasionally and 162 (39.3%) felt CBE should be done as often as possible. Majority 384(94.4%) felt monthly breast SBE was essential in early diagnosis of breast conditions.

**Conclusion:** SBE though not recommended as a screening tool for breast cancer, is the only viable tool for this age group in developing countries where CBE may not be feasible due to inaccessibility or sociocultural reasons. It is important for women to be familiar with the way their breasts normally look and feel. Awareness of SBE among young females includes knowing your risk, getting screened, knowing what is normal for you and making healthy lifestyle choices.

**Keywords:** Awareness, Self breast examination, Early detection, Nigeria



Published

2018-08-17

Issue

Vol. 26 No. 2 (2016)

Section

Articles

Copyright for articles published in this journal is retained by the journal.

<https://www.ajol.info/index.php/nqjhm/article/view/176279>