

Preventive Measures of Breast Cancer Female Workers' Knowledge

Abstract:

Background: Breast cancer is the most common cancer globally, and prevention is crucial due to rising incidence rates in the West. Lifestyle modifications, lifestyle interventions, and regular screenings are essential. Obesity is linked to increased risk of breast cancer, particularly triple-negative and premenopausal TNBC. A balanced diet, including fruits, vegetables, whole grains, and fiber-rich legumes, is essential for cancer prevention.

Aim: assess female workers' general knowledge regarding preventive measures of breast cancer. **Methods:** Design: A descriptive design was utilized. **Subjects and Settings:** 323 working women from Beni-Suef University were chosen as a deliberate sample. **Tools:** Structured Interviewing Questionnaire Sheet and women's general knowledge about preventive measures of breast cancer. **Results:** 75.9% of the female participants in the study were married and 84.2% had enough income. Also, 72.4% of them had poor knowledge, 20.4% had average knowledge, and only 7.1% had strong knowledge. The highest percentages of correct knowledge were 47.1% for the item of primary recommendation regarding physical activity to reduce BC risk.

Conclusion: Based on the findings of the present study, it can be concluded that poor knowledge was more prevalent among married women that had enough family income. Women's knowledge about breast cancer, breast self-examination and breast cancer preventive measures are significantly affected by their marital status.

Recommendations: Implement an educational program to enhance women's knowledge of breast cancer preventive measures; including general measures, breast self-examination, and preventive measures.

Key words: preventive measures; breast cancer; knowledge