

Breast Cancer experience at Fakous Cancer Center (FCC)

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Abstract

Background: Breast cancer (BC) is the most important cancer in women in an increasing number of developing countries. **Objectives:** To measure that improving public awareness, education and training primary health care achieve downstaging of breast cancer in a rural district in Egypt.

Subjects & Methods: 1-Education & training of primary health care providers .2- House to house survey. 3- Women campaigns .4- Barriers for early detection of BC were investigated.

Results: we interviewed 16166 women and found the most frequent age group was 30-39 ys (27.9%), 52% had early menarche; no breast feeding 59% among the multipara women, 54% were overweight, 86.5% of the menopausal women had delayed menopause and Illiteracy (34.5%). The prevalence of BC during 2007-2008=1.7 per 1000 examined women. Analysis of 1425 patients with mastectomies we found increase in the number of BC per time. T2 & T1 (53.5% & 19.8%) during 2004-2008 and (47.8% & 8.8%) during 1992-2003 . Reluctance in seeking medical care (56.9%), far distance from health services (56%), negligence of the complaint (47.5%), and fear from BC diagnosis (44.2%) .

Conclusions & recommendations: we recommended the need for planning health education programs on a wide scale on the studied villages to improve not only awareness, or knowledge but also changing the faulty attitudes & practices about BC especially among illiterate & low socioeconomic women. Proper training of healthcare providers at primary healthcare units. Phase II study in the remaining 52 village to cover the whole area was suggested.