Shaqra University

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Title:

A study to evaluate the knowledge and awareness about breast cancer among women in the Dawadami region of Saudi Arabia

Introduction:

Breast cancer is the leading cancer among females in Saudi Arabia. More than 50% of cases in Saudi Arabia are diagnosed at late stages, increasing the mortality rate and compromising treatment outcomes. There is a need of increasing awareness and knowledge levels among that group.

Methods:

Using an electronic questionnaire, this cross-sectional study was conducted on 401 participants from the female population in the Dawadmi region of Saudi Arabia from September 2022-March 2023.

Results:

Out of 401; 7.9% have lumps on breasts, 2.7% currently have or had breast cancer, 11.7% have a positive family history of breast cancer, 18.2% currently use contraceptive medications, 26% agreed that a daughter is susceptible to breast cancer if her mother had breast cancer, 28.2% & 14.5%, acknowledged contraceptive medications & late menopause as risk factors of breast cancer, 62.3% excluded multiparity as a risk factor, 63.8% agreed that women aged 50-69 should have regular mammograms one every 1-2 years, 51.9% agreed that women aged 40-50 should have regular mammograms once every 2 years but 100% failed to acknowledge the need of women with a family history of breast cancer to undergo mammogram testing 10 years before the onset of breast cancer in that said patient.

Conclusion:

This study shows a low awareness level among females of the Dawadami region regarding breast cancer risk factors. Based on the findings of this study, we strongly recommend that there should be well-designed health education programs for awareness of breast cancer for females of the Dawadami region.

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