RESEARCH ARTICLE

CLINICAL BREAST EXAMINATION AMONG WOMEN IN COASTAL REGIONS OF NELLORE, ANDHRA PRADESH

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ABSTRACT

Clinical breast examination (CBE) seeks to detect breast abnormalities or evaluate early stage breast cancer which is the most common female malignancy and commonly associated with high levels of morbidity and mortality in developing countries due to late presentation. The present cross sectional study was conducted for identifying the breast abnormalities among women residing at coastal regions of Nellore. 220 samples were selected by simple random sampling technique. Socio demographic variables of participant were documented and Clinical breast examination was performed for identifying the breast abnormalities after obtaining informed consent. Data was collected for the period of three weeks. The study findings explored that, On inspection majority of 46(20.91%) women had nipple discharge followed by 7(3.18%) having asymmetry size of the breast. palpation of breast showed that 4(1.82%) women had lump on breast and 6(2.73%) women had lymph node enlarge ment.The study concluded that women in coastal regions are having breast variations from normal and indicates that there is an emerging need to educate and demonstrate the breast self examination for reducing the late presentation of breast cancer among women.

INTRODUCTION

Breast cancer reduces the life expectancy of the population at risk, especially those between 31 and 50 years. India faces breast cancer epidemic over the next decade, as women takeover to western life style by marrying and bearing children in later life. Although breast cancer cannot be prevented, the risks of developing breast cancer can be minimized. Diagnosis of breast cancer during the early stage of the disease has been positively linked to a decrease in mortality, morbidity and effective cost of management of the illness. There are various methods of early detection of breast cancer. Breast self examination (BSE), Clinical breast examination (CBE) and mammography Screening. Screening for breast cancer is important because this disease has a preclinical phase during which the condition is localized and asymptomatic, a stage in which this cancer may have a greater chance of being cured and may have longer survival. This study was designed to screen the breast cancer by clinical breast examination among women in coastal regions of Nellore.

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MATERIAL AND METHODS

This cross sectional descriptive study was carried out to identify the breast abnormalities among women. After obtaining informed consent, 220 married women of reproductive age (15-45 years) have been selected by using randomized technique, the study carried out in coastal regions of Nellore like Korutur, Leguntapadu, Varakavipudi, Kothakodur, Mahalakshmi Puram.

The data collected as socio demographic variables and by clinical breast examination. Statistical analysis was performed.

Inclusion Criteria

- Women in the age group of 15 to 45 years,
- Interested to participate in the study
- Available at the time of data collection.

Exclusion Criteria

- Women do not know Telugu.
- Tool for data collection

Section –I : It consist of socio demographic variables like Age, Education, Occupation, and Religion, age of menarchy, duration of menstrual cycle, marital status, no of Pregnancy and BMI

Section II. Performing clinical breast examination for identifying the abnormalities in breast.

Plan for data analysis:

Sl.no	Data analysis	Method	Remarks
1.	Descriptive statistics	Frequency and percentage	To describe the distribution of socio demographic Variables. To identify the disorders of breast

RESULTS

The data was organized, tabulated, analyzed and interpreted by using descriptive statistics based on the objectives of the study. The findings were presented in the Following sections.

Section-I: Frequency and percentage distribution of Socio Demographic Variables of women.

Table 1. Frequency and percentage distribution of Socio Demographic Variables of women

Sl.no	Socio demographic variables	Frequency	Percentage
1	Age		
	a.21-30 years	36	16.36
	b.31-40 years	35	15.91
	c.41-50 years	57	25.91
	d.50-60 years	92	41.82
2.	Education		
	a. Illiterate	132	60.00
	b. Primary education	52	23.64
	c. Secondary education	21	9.55
	d. Inter mediate	6	2.73
	e. Degree and above	9	4.09
3.	Religion		
	a. Hindu	164	74.55
	b. Muslim	28	12.73
	c. Christian	20	9.09
	d. Others	8	3.64
4.	Type of family		
	a. Nuclear family	187	85.00
	b. Joint family	27	12.27
	c. Extended family	6	2.73
5.	Age at menarche		
	a. Less than 10 years	28	12.73
	b. 11-13 years	135	61.36
	c. 14-16 years	51	23.18
	d. 17-19 years	5	2.27
	e. 20-22 years	1	0.45
6.	Marital status		
	a. Married	196	89.09
	b. Widower	22	10.00
	c. Divorced	2	0.91
7.	No of pregnancy		
	a. 1	29	13.18
	b. 2	111	50.45
	c. 3	45	20.45
	d. 4 and more	30	13.64
	e. No	5	2.27
8.	Dietary Pattern		
	a. Vegetarian	22	10.00
	b. Non vegetarian	74	33.64
	c. Mixed vegetarian	124	56.36

Section-II: Frequency and percentage distribution of abnormalities of breast

Table 2. Frequency and percentage distribution of abnormalities of breast among women

Clinical breast examination (Abnormal findings)		Coastal regions	
		F	%
I.a. Inspection	Asymmetry breast size	7	3.18
	Abnormal sagging of breast	6	2.73
	Breast skin retraction	5	2.27
	Nipple retraction	3	1.36
	Nipple Discharge	46	20.91
II.b.Palpation	Lymph node enlargement	6	2.73
	Lump/Mass	4	1.82

Conclusion

The study identifies the breast abnormalities through clinical breast examination. Result revealed that out of 220 women 46(20.91%) women are having the nipple discharge on inspection and 6(2.73%) women are having lymph node enlargement. This indicates that there is an emerging need of frequent screening programs for early detection of breast abnormalities and also to improve awareness regarding the motivation to mobilize the population towards the health care facilities for screening programmes like mammography for reduction of morbidity and mortality rate among coastal population.

Recommendations

- Comparative study can be conducted among coastal and non coastal regions.
- Structured teaching program on breast screening methods can be conducted for improving awareness.

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