

# Knowledge, Attitude and Practices of Women Towards Breast Cancer in Arbaji Village, Gezira State, Sudan

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**Introduction:** Breast cancer is a worldwide disease resulting in many deaths. Although breast cancer incidence is lower in Sub-Saharan African countries than in developed countries, African women are more likely be diagnosed at later stages and are more likely to die from it. This is due to the lack of awareness, and accessibility to screening methods. The aim was to assess the knowledge, attitude, and practice towards early breast cancer detection tools.

**Material and Methods:** This community-based cross-sectional study was conducted in Arbaji village, Sudan. The sample included 80 women aged between 15-90 years, samples were taken from females above 15 who came to the rural hospital's outpatient. Data were collected using a self-administrative questionnaire (34 Questions) and analyzed using SPSS.

**Results:** About (20%) of the participant had family history of Breast cancer. The knowledge of Breast Cancer was (90%), while knowledge of Self-examination and Clinical breast examination was (43% and 81%) respectively, while less than (8.8 %) heard about Mammography. Regarding the practice, only (16.3%) practice Breast Self-examination, and none of them ever had a mammography. (5%) discovered an abnormality on Breast self-examination, all of them went to the doctor.

**Conclusion:** Rural women have poor knowledge about breast cancer early detection tools, Breast self-examination is hardly practiced, though the willing to learn is high. It is important to increase awareness about Breast Cancer early detection methods in the community through health education campaigns and screening programs. This would have an overall positive impact on reducing the disease burden.