

Investigating Epidemiology and cancer prevalence (breast cancer) in GhotbAbad city**Mahsa Sabetghadam, Somayeh Sabetghadam***Department of Obstetrics and Gynecology, Jahrom University of Medical Sciences, Jahrom, Iran*

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ABSTRACT

Introduction: Breast cancer is the most prevalence cancer and the second cause of cancer death after lung cancer in women. Self-examination of breast monthly and mammography is a way that it is possible diagnosis breast cancer early. this study is for checking epidemiology and redundance (breast cancer) in ghotbabad city. **Method :** Current research is sectional- descriptive and analytic study that was performed in 100 women with 20 – 45 age. instances were selected through random sampling from ghotb abad health centers and through active records. It was used a questionnaire containing individual – social information and a Czech list of breast self-examination for collecting information. For data analysis, it was used descriptive and inferential statistic. Current research was used SPSS version 18 software. **Results :** The age range in this research is as follow that 20-25 years (4%), 26-30 years (8%), 31-35 years (27%), 36-40 years (35%), and 41-45(26%). family record of breast cancer observed in 85% of cases and 15% had no family records. 63% of individuals had a family record of cancer and 37% had no cancer record in the family. life style checking indicated that 74% of individuals were poor and 26% were medium. Results indicated that 51% of individuals with cancer were housekeeper and 49% were employed. **Conclusions :** investigations indicate that giving information in relation with breast cancer to housekeepers and also increasing the quality of life and rising hope of life and decreasing poverty should be part of the application for decreasing breast cancer.

Key words: Epidemiology, redundance, Breast cancer, Ghotb Abad.**Introduction**

Cancer species are wide rang of diseases that each of them has its especial pathology, treatment plan and prognosis. Most individuals that have cancer, they experience a stress period. Although cancer is a prevalence disease today, but it is not a new disorder and start date of it should be consistent with human appearance. The concerns that know cancer as a health challenge in the world and fighting with it is a health priority, is increasing number of patient with this disease, especially in IRAN [3]. Here, breast cancer is the most prevalence, the most deadly and mentally is the most influential and after lung cancer is the second leading cause of death ; Breast cancer had a remarkable progress in Iran [4]. Breast cancer is due to uncontrolled growth of abnormal cells that cells grow with no control and divide abnormal and creates masses called tumor. These masses are painless and it start in upper and outer part of breast that are rigid [5]. In 2002, about one million and one hundred thousands new cases of breast cancer have been reported in the world and 1/5 million new cases are expected in 2010 [6]. In 2000, American cancer community, spread amount of this cancer estimated 183 thousands annually [7].

According to National registration of cancer in Iran, during four decades, breast cancer detection increase, has placed it at the most common malignancies among Iranian women and compared to their counterparts in developed countries influenced one decade earlier. Detection spread of this cancer is increasing rapidly in women with age 50 and older. From January 1998 to December 2005, spread of breast cancer in Iranian women, have been 22 per 100 thousands in women that the age range was 15-85 years and the most prevalence was in the age rang of 40-49 years [8]. With prevention of breast cancer detection and reducing the risk factors of this malignancy and also diagnosis the disease early, we can help to reduce mortality of this cancer. Also one of the fundamental sanitary plans of women's health is women's awareness of examination method of breast with themselves and proper treatment in cases of abnormal sensation in breast [9]. The study shows that immigrant women in Washington that are between 40-50 years old there is 17% breast secretion, 66% breast pain period, 13% breast mass, and 4% breast cancer [10]. This illness with change in lifestyle will cause many problems in physical, psychological, social, economical, and familial dimensions [11]. Stress, anxiety, and depression are

very common in cancer patients and these symptoms can be due to illness with physiological factors of disease with medicinal therapies [12,13]. In many cases, breast complaints include breast diseases that are benign and cancer fear is the main factor that causes patient go to doctor. Several factors are known as risk factors for breast cancer such as anti pregnant pills consumption [14]. In Iran, evidences shows that mammogram is so rare even in urban communities; Because there is no regular program for learning this procedure to women in our country [15]. Also different studies suggest that improvement in public awareness about cancer can have positive role on individuals screening behaviors [16]. With attention to cancer importance and high prevalence among women, Epidemiology survey and screening of this disease is very important.

Methods:

This study is descriptive, sectional and prospective during 1 year (1389-90) in 100 women with breast cancer that referred to health center in Ghotb abad city. Samples that didn't like to participate in the research were excluded. Survey tool of questionnaire was base on the following information:

Cause of reference (pain being, secretion and touching mass), patient age, menstrual status, contraception method, reproduction status, family record of breast cancer and related cancers (colorectal, endometrial, or ovarian cancer) and lifestyle and work and education level. At the end after collecting information and marking, it done statistical analysis and drawing tables with use of redundancy distribution tables. Excel software was used to draw tables.

Results:

The age range of individuals in this research is as follow that 20-25 years (4%), 26-30 years (8%), 31-35 years (27%), 36-40 years (35%), 41-45 years (26%). (Table 1)

In this research family record of breast cancer was seen in 85% of cases and 15% of cases had no family record. 63% of individuals had family record of other cancers and 37% of individuals had no cancer record in the family. Lifestyle of individuals show that 74% of individuals living in poverty and 26% of individuals were medium. This research show that 51% of individuals with breast cancer are housekeeper and 49% of individuals were employed (Table 1).

Table 1: Results of screening women with breast cancer and related characteristics

Personal characteristics				
Age	20-25 years	4% (4 person)	36-40 years	35% (35 person)
	26-30 years	8% (8 person)	41-45 years	26% (26 person)
	31-35 years	27% (27 person)		
Family record of breast cancer	Yes	85% (85 person)		
	No	15% (15 person)		
Family record of other cancers	Yes	63% (63 person)		
	No	37% (37 person)		
Lifestyle	Poor	74% (74 person)		
	Medium	26% (26 person)		
Type of employment	Housekeeper	51% (51 person)		
	employed	49% (49 person)		

Discussion And Conclusions:

In this research most referred individuals to clinic for breast cancer are living in poverty and few have medium life. The reviews stated that although it is impossible to prove that stress causes cancer, however, the psychological states can affect physical illness. In fact, there is a chain of events that can partial lesion lead to cancer. According to the above, in this study it was shown that most breast cancer patient were at 36-40 age, and then individuals with 31-35 age. In studies conducted in the past stated that the average age of breast cancer is 38/22 years that it is consistent with this research. Other research also stated that the average age of women with breast cancer in Iran is 21/4 of all cancers. Its prevalence in the age groups between 40-59 years is higher than other age groups [19,20]. The largest age group of patients is between 40-49 years. The results of this research is consistent with previous research. This

suggest that older women are more at the risk of this kind of cancer. Another reason for this problem is that women go to doctor so late, thus, it is better that screening of breast cancer be at age group of 36-40 years. IN previous survey it is stated that 6% of individuals with breast cancer there have been background in first relatives and 139 persons it is observed in friends [18]. In this research in 85% of cases there is a family record of this cancer, also 63% of individuals there has been other cancers in relatives that indicate relationship between genetic and this disease. It is stated in past that individual occupation has a significant correlation to breast self-examination and employed women in professional occupations such as teaching, nursing, etc. have a better performance than others [22]. Yousel and colleague in 2006 show that higher income is associated with breast cancer screening. Also in another study it was demonstrated that there is a significant relation between employment status and

breast self examination and women who worked outside had better performance. In this research the number of housekeepers with breast cancer were more than others that is consistent with bakhtari et al research [25]. The reason can be due to lack of awareness and information of this issue in housekeepers. Employed women, on the other hand, are more in connection with public and they have more information about screening, so they have more knowledge to prevent this disease. Thus, fewer employed women have breast cancer.

Conclusions:

The practical result of this study shows that screening should begin of the age 30 years and continuing aware women, and train self examination and touching mass so they should go clinic for examination. The most usefulness plan is that aware women of ahead situations and also prevent mortality increase and lack of awareness for going doctor and surgeon. For improving performance of women, proper educational program should implement through media such as TV, radio and newspaper.

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