

Awareness and Attitudes on Breast Cancer and Breast Self-examination practice among the Female Students at the University Of Sharjah, UAE

Syed Azizur Rahman, Ph.D., Nour El Hoda., Reham Yousef

Abstract

Background:

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization. Breast cancer is considered the most common cancer in the UAE. The average age of women who get breast cancer in the UAE is about 10 years younger than women in Europe and USA. Breast self-examination (BSE) is a screening technique that can be done at home which allows the woman to examine her breast tissue for any physical or visual changes. **This study aimed** to assess the awareness of breast cancer and breast self-examination and practice among the female students at the University of Sharjah. **A cross sectional study** was conducted to explore the awareness level of breast cancer and breast self-examination and practice among the female students at the University of Sharjah. Data were organized and analyzed using Statistical Package for Social Sciences.

Results: The majority of the student have heard about breast cancer and breast self-examination. Social media is the main sources of information. Less than half of the participants have knowledge about the risk factor of breast cancer. Difference of knowledge on both the breast cancer and BSF were found among the student of three campus. Only twenty eight percent of the participants perform Breast Self-Examination. This finding suggests to organize comprehensive awareness program among the female student to reduce cancer episode in UAE.

Biography

Syed Azizur Rahman has completed his PhD in 2001 from the London School of Hygiene and Tropical Medicine, University of London. He is currently working at the University of Sharjah, UAE as a Chairman of the Health Services Administration Department. Prior to that he worked for the London School of Hygiene and Tropical Medicine, research scientist at British Columbia Cancer agency, Canada and as clinical Assistant Professor at University of British Columbia. He has published good number of papers in reputed journals and has been serving as an editorial board member of the Journal of Public Health Issues and Practice.

Presenting author details
Full name: Syed Azizur Rahman, Ph.D
Contact number: +971 562980944
Linked In account: Syed Azizur Rahman
Skype: aziz. rahman56
Website: http://www.sharjah.ac.ae/en/academics/Colleges/healthsciences/dept/hsa

Session name: Cancer and Life Style
Category: **Oral presentation**