

# Effectiveness of Breast Self-Examination Practices among Females in their Early Twenties

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Every one in eight women today is suffering from breast cancer anytime in her life [1]. Breast self-examination (BSE) is a procedure performed by a female herself to see for any changes in her breast. The procedure let the female take responsibility for her health and it can empower her toward her health. According to the ACS (American Cancer Society), it is recommended that females should start practicing BSE in their early 20s [2]. This should continue throughout the life span even during pregnancy and females in their menopause. But there are limitations of the BSE that must be known to the female while practicing BSE. This procedure is not used as a diagnostic tool and may cause anxiety in females. This rise many questions on the benefits of BSE and whether to perform it or not. It should be the decision of the female whether to conduct it regularly or irregularly. ACS recommends mammography and clinical examination as diagnostic tools for any changes in the breast. These methods are expensive and time-consuming. On the other hand, BSE practices are not sufficient to detect breast cancer, but they may create a sense of responsibility and awareness among females to seek medical attention if finding any breast changes in countries with limited resources [3]. Less number of experimental studies had been conducted on BSE and are not indicating any change in breast cancer-related mortality in females practicing BSE. According to the lack of evidence that may support breast self-examination, still concluding it is not to be practiced can be considered. Women should still be encouraged to have awareness regarding any breast changes [4]. Wrong Results also shows that quality procedure may benefit women and is encouraging them to practice BSE. Females can still use the procedure to notice any lump in their breast which might be ignored, if not encouraged to practice BSE. The limitations should also be discussed regarding its usefulness in comparison to the other two methods recommended by ACS that are more sensitive in diagnosing cancer [5, 6]. Till now BSE is the most inexpensive procedure and it can be used as a preventive measure. Starting BSE practice early in life can urge young females to take responsibility for their health. To detect breast changes, it is important to

practice this with a periodic clinical examination which is every three years, and mammography after 40 years of age [5]. There is a possibility that an increase in the knowledge and awareness of young females regarding breast changes can promote the early detection of the cases and this may lead to an increase in the chances of reduction in mortality from breast cancer [4].

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