# A Community Based Study on "Prevalence and Risk Factors of Breast Lump among Reproductive Aged Women of Jalpapur V.D.C. of Sunsari District, 2003"

Shah T1

1College of Nursing, B.P.Koirala Institute of Health Sciences, Dharan, Nepal

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**Background**

Breast lump is localized swelling, protuberance or mass in the breast. It is one of the prime indicators of breast disorders. A lump might be a cyst, a benign tumor or a malignancy. The majority of these lumps will be nothing to worry about; it is only a small proportion of breast lumps that are malignant i.e. around 20-30%. Breast cancer is leading cancer among women worldwide, with more than 540, 000 new cases occurring each year. Over 40% of these cases are in the developing countries. The incidence of breast cancer is rising all over the world. In south Asia there is significant increase in incidence of breast cancer among the women of reproductive age group.

**Methods**

It was a quantitative research method and descriptive cross- sectional study exploratory in nature. The setting of study was Jalpapur VDC of Sunsari District, Eastern Nepal. Target population of the study was all women 15- 49 years of age, irrespective of their education, occupation, income, religion, marital status, residing at Jalpapur VDC. Interview schedule and breast examination checklist was prepared by the investigators and consulted with experts of concerned departments. Risk assessment tool given by cancer line U.K. was adopted to identify the associated risk factors of breast cancer in this study. Training on technique of physical examination of breast was given to the co- workers by the investigators. The data was collected in Jalpapur VDC, during the month of September & October 2003. Using descriptive and inferential statistics, collected data were analyzed and interpreted.

**Results**

Out of 541 respondents, 21 (3.9%) had breast lumps. Of these 21 respondents, 80.9% had single lumps. Out of a total of 25 lumps, 44% cases of lumps were in upper inner quadrants of the breasts. In 96% cases the lumps were round to oval in shape. In 60% cases, of lumps were soft in consistency. In 68% cases the lumps were tender. Total 58.3% cases of lumps were of the size of 2 cms. There was no significant relation of age with breast lump.

**Conclusions**

There is a need for launching an intensive screening programme for evaluation of breast lump, an information, education and communication campaign and also a need for follow up action for the detection of the breast lump, as found in present study.

**Keywords:** breast cancer; breast lump; prevalence; reproductive aged women; risk factors.