

Early Detection of Breast Cancer in Adolescent Women at The Tapak Sunan Balekambang Condet Islamic Boarding School, Jakarta

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Abstract

Background: The existence of Higher Education has three main tasks, namely carrying out education and teaching, research, and community service. These three things constitute the Tridharma of Higher Education. In Indonesia, breast cancer is the second most common cancer suffered by women after oral/cervical cancer. Breast cancer generally attacks women who are over 40 years old. However, young women can get this cancer. To find early symptoms of breast cancer can be detected early by women themselves. Women can routinely perform the Breast Self-Examination (BSE) method by massaging and feeling around their breasts to find out whether or not there are lumps around the breasts. BSE is an effective way to detect breast cancer as early as possible.

Objective: Carry out community service by conducting activities to teach breast self-examination (BSE) to young women.

Method: This community service activity consists of counseling related to information on early detection of breast cancer and followed by a demonstration of breast self-examination (BSE) using the Breast Phantom tool.

Result: Counseling and early detection of breast cancer was attended by 45 students of Madrasah Aliyah. Most students do not know about early detection of breast cancer and how to check BSE. After being given information about BSE, adolescents felt satisfied and committed to be able to carry out early detection of breast cancer.

Conclusion: Community service activities have been carried out regarding information on early detection of breast cancer in young women.

Keywords: Breast cancer, Adolescents

Introduction

Breast cancer is a frightening disease for women. Although now there is the best treatment, but the fight against breast cancer is not always successful. This is because there is still a lack of attention from women in understanding breast cancer in order to avoid breast cancer attacks and how to detect it early.¹

Awareness of the importance of understanding what and how cancer is very important, because early recognition and understanding will be able to detect early symptoms of this disease, so that this cancer can be treated early. because if it is

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detected early, the handling is effective and efficient, so it is not too dangerous and can even be handled thoroughly. In Indonesia, breast cancer is the second most common cancer suffered by women after oral/cervical cancer. Breast cancer generally attacks women who are over 40 years old. However, young women can get this cancer.²

Common signs and symptoms of breast cancer include a painless breast lump or lump in the armpit, bleeding or discharge from the nipple, a change in color or feeling when touched on the skin of the breast or nipple, for example the formation of dimples or wrinkles or a red rash and changes in breast size or shape. If it is found at an early stage, which is usually small in size and gets proper treatment, the cure rate will be even higher. The effort for this is breast self-examination (BSE) is an effective way to find tumors early. Sufferers sometimes accidentally discover this disease, there are even studies that say about 90% of this cancer is found with BSE. Thus it will be very meaningful if BSE is more encouraged in women, it is hoped that many cancer cases will be caught at an early stage.³

In adolescence there are processes of physical changes and biological changes which in subsequent developments are under the control of special hormones. In women, these hormones are responsible for the initiation of ovulation and menstruation, as well as breast development. At this time, young women should start paying attention to changes in themselves, as well as their breasts and health. So, it's not strange to say that we are the first people who are most likely to find lumps in our breasts, after all, we are the only ones who know our bodies best, so the ability and willingness to carry out early detection is absolutely necessary. As teenagers who are about to grow up, teenagers, especially young women, must also be able to do breast self-examination.^{4,5}

Method

The choice of location for the implementation of Community Service was determined based on actual interests, namely at the Tapak Sunan Islamic Boarding School, Balekambang, Condet, East Jakarta. The target of this community service is young women at the Madrasah Aliyah level. This community service activity consisted of counseling related to information on early detection of breast cancer and continued with a demonstration of breast self-examination (BSE) using the Breast Phantom tool.⁶

Results

Counseling and early detection of breast cancer was attended by 45 Madrasah Aliyah students.



Figure 1. Counseling on early detection of breast cancer Pakuhaji



Figure 2. Practicum for early detection of breast cancer



Figure 3. Photo with the community service team, lecturers and leaders of the Tapak Sunan Islamic Boarding School

Discussion

Most students do not know about early detection of breast cancer and how to check BSE. Many of these young women are still influenced by myths in relation to reproductive health, especially the breast area. After being given information about BSE,

the youth felt satisfied and committed to being able to carry out early detection of breast cancer correctly every day so that they could continue to be healthy and productive.

Breast Self-Examination (BSE) is considered as an important first step to encourage women to actively be responsible for their own health, especially for women in low-and middle-income countries with limited resources and access to other forms of preventive healthcare (e.g., screening programs).⁷

Regular breast self-examination (BSE), combined with breast self-awareness, is one of strategy aimed at achieving early breast cancer detection, especially in low- and middle-income countries where access to other early detection methods, such as mammography and ultrasonography, is limited. BSE is uniquely suited for populations with limited access to formal healthcare: it is inexpensive, non-invasive, simple to perform, and does not depend on a health practitioner's assistance. Furthermore, performing regular BSE enhance breast awareness and encourage women to take more active responsibility for their own health.^{8,9}

Conclusion

After being given information about BSE, the youth felt satisfied and committed to being able to carry out early detection of breast cancer correctly every day so that they could continue to be healthy and productive.

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