

The Detection of Breast Cancer for Young Woman in Covalima Municipality Timor Leste

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Abstract

Introduction: According to the World Health Organization, there are 2.3 million breast cancer diagnoses and globally 685,000 breast cancer mortality rates. In 2020 women who have had problems with breast cancer are 7.8 million annually worldwide.

A study by the Global International Agency for Research of Cancer (2018) reported that the highest number of breast cancer cases was 674,693, with 25.5% and a mortality rate of 310.577 or 13.8%. And continues to be published by the Global Cancer Observatory (2019), showing that the incidence of breast cancer is 136.2% of the population, and the highest rate of breast cancer occurs in women with 42.1%, followed by population mortality.

Objective: To find out how to detect breast cancer in adolescent girls in Covalima City, Timor Leste. **Method:** This study used quantitative and quantitative methods together, specifically a cross-sectional study of adolescent girls in the municipality of Covalima where interviews with young girls continued their studies in secondary schools. **Results:** Based on the results of research conducted by young women in high schools in the city, the understanding of describing early detection of breast cancer is 49%, and most young women know information about breast cancer even though the information they have is accessed or someone shares about breast cancer. **Conclusion:** Students have sufficient experience in how to detect breast cancer early and prevent breast cancer

Key words: Breasts Cancer; Detection; Young Women;

How to Cite

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Introduction

Breast cancer is a menacing cancer, primarily affecting women. Continuous research is going on for detecting breast cancer in the early stage as the possibility of cure in early stages is bright (Dubey et al., 2015). It is estimated that 1.67 new cancer cases came to light in 2012 (25% of all cancers) and 1.38 million new cancer cases detected in 2008 (23% of all cancers). Breast Cancer is very common in the region of developing and developed countries. It ranks second after the lung cancer in more developed region (15.4% of all cancers) and it is most frequent death cause in the less developed region (14.3% of all cancers) (Shah Sneha, 2014)

Breast cancer is a malignant disease that develops to uncontrolled breast cells mainly to the lobular (breast gland), the ductus (breast gland to the area of the breast) and the gland between blood vaccines, breast gland, ductus, lymphatic vaccines, but does not include the white skin. Breast cancer has been one of the most common types of cancer in women around the worldwide (Runowicz et al., 2016)

According to the world Health Organization (2020), there are 2.3. million diagnosed breast cancer and globally 685,000 death rates of breast cancer are. In the of 2020 women who have been dignified with breast cancer were 7.8 million per year and are world's general cancer (Wild et al., 2020). Also the report of WHO 2018 breast cancer is a malignant cell of the breast tissue, and can also occur from the component or gland (canals epitellu or lobulus) such as breast tissue fat, blood channel, and breast tissue interaction. Breast cancer is caused by 508,000 women's mortality in the world and is considered to occur in 50 % of the advanced countries of breast cancer and 58% of the mortality cases, and it is the most common case in less developed countries. The highest number of breast cancer occurred in Indonesia is most referred to by women, such as breast cancer, which reached a number of 48.998 million cases. Breast cancer is a cancer disease, with a high mortality rate of 12.9%. According to the WHO (2013) the number of incidents of breast cancer increased by 12.7 million compared to 2008, and the number of incidence cases in 2012 was 14.1 million, while of these cases the total mortality rate was 7.6 million in 2008 and 8.2 million in 2012.

Based on the data from global burden cancer (Organization, 2019), 18.1 million cases were with a new number of deaths of 9.6 milliom. The number of breast cancer cases peccurred on Indonesia, the Southeast Asia Region, among the two countries was the highest number of breast cancer cases in Indonesia with 58,256 percent 19,18. Similarly, in other countries such as erurope or America, the total number of patients with breast cancer is less than Indonesia.7 the publication by world cancer research (2020), the breast cancer is first rank with 12.5% or 2.261.716 from total cases in the world (18.094.716) (Organization, 2019) A study by the Global International Agency for Research of cancer (IARC, 2018) reports that the highest number of signature cases of breast cancer was 674.693 or 25,5% and a mortality rate of 310.577 or 13.8%). And continued to be published by the Global Cancer Observatory (2019), shows that the rate

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of breast cancer occurring is 136,2 of the population, and the highest rate of breast cancer occurring by women with 42.1 %, followed by the population of mortality with 17%.

Based on data from the Ministry of Health of Timor-Leste in 2019 (da Cunha et al., 2019), is that the launch of educational video about breast cancer in Timor-Leste is a means to provide communities with breast cancer symptoms. Through this film, the community has a good knowledge of early detection so as to save the patient's lives. Because the majority of breast cancer cases in Timor-Leste and mundial, according to the Health Information System the number of mortality rates is very high and deaths from this disease occur.

The report from top referral National Hospital Guido Valadares from 2015 to 2020 showed 360 patients with breast cancer were registered, and 80% of these deaths occurred to delays in presentation to health professionals. Another report 2015-2019, were registered 345 patients with breast cancer registered, and 80% of them died to delays in detection and treatment, most of which were breast cancer cases aged 18,19 and 20, of which we see majority of 50% of the patients come to a very advanced stage, and compared to other countries aged 40 and above were only breast cancer cases. Of the total number registered, with a 50% majority, and the category falls in chronic and high mortality rate of 90% (Organization, 2015)

Methods

Nature researcher methods is an effort to pursue something to get to know the truth in response scientific, systematic and logical. Who went out it is the truth of knowledge and is based on the empirical facts obtained from researchers want to find out the characteristics and frequency and objectives (Notoatmodjo, 2012). The type of methods used for the research is a quantitative descriptive method because to find out the distribution frequency of the young woman with the aim of to know of detection breast cancer in Covalima municipality. According to Sugiyono (2018), the population is a generalized area that comprises the objects and subjects that have the quantity of the general characteristics and there is a difference between other group of subjects (Sugiyono, 2018). The researchers were student at the Secondary General Public School of Municipality of Covalima from young woman with a total of 2,293 population. The formula of sample used Slovin

$$n = \frac{N}{1+N(d^2)} \quad n = \frac{2293}{1+2293(0.12^2)} = \frac{2293}{1+2293(0.01)} \quad n = \frac{2293}{1+22,93} \quad n = \frac{2293}{23,93} = 95,8 = 96$$

The researchers used a sample as provability sampling and type of cluster sampling is a way to take a sample from a large group or population and to choose a sample by a researcher using cluster random sampling (Nursalam & Sri, 2011)

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Results and Discussion

Results of the study are presented according to breast cancer of detection, prevention and detection prevention breast cancer.

Table 1

The distribution frequency based on the used facility for detection of breast cancer for young woman in Covalima municipality, Timor Leste

No	Facility	Frequency	%
1	Health facilities	47	48,96
2	Tradicional	26	27,08
3	No to anywhere	23	23,96
Total		96	100

Based on table 1: the results of the above data showed that the majority young woman understanding used health facility for consultation and detection of breast cancer is were in (48,96% and also 23,96% not went to anywhere if the have sings and symptoms. *The statment a young woman “ last two year ago, I feeling not well of my breast and told to my mother and brought me to a health facility for check. After the health professional gave some drugs for 3 days and untill no, I am felling well.*

Table 2

The distribution frequency based on the aged for young woman in Covalima municipality, Timor Leste

No	Aged	Frequency	%
1	12-14	28	29,20
2	15 - 18	47	49,00
3	>18	21	21,8
Total		96	100

The table 2 showed the young woman participate of this study was mayority aged 15 – 18 years old compare with more than 18 years old.

Table 3

The distribution frequency based on the manner detection breast cancer for young woman in Covalima municipality, Timor Leste

No	F	Frequency	%
1	Understand	41	44,10
2	Not understand	55	55,90%
Total		96	100

Based on table 1: the results of the above data show that the majority young woman not understanding how to consulted for detection of breast cancer. The contradiction with

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used facility for check the health condition is 48.96% but understanding of manner check detection is not to be 55,9%. All the components working together to raise awareness; promote education improve screening, early detection, allocation budget and support social for empowerment young generation to attention of the health condition (Agide et al., 2018)

The majority of young woman understood early breast cancer detection because they had their own perception to search for information through the media and listen to information through the health promotion by healthcare staff and through the outcome it was based on the more through theory of the definition of the skilled person, stating that early detection is an effort to know and not to know the abnormality of physical and mental problems that cause malnutrition of the child's breast cancer. The methods used for breast cancer include self-examination times, the benefit of self-examination, and the self-examination stages.

Table 4

The distribution frequency based on prevention breast cancer in Covalima municipality.

No	Category	frequency	%
1	Understand	43	41,70
2	Not understand	56	58,30
TOTAL		96	100

Based on table the results of the above data show that the majority of young woman not understand to prevent breast cancer. Based on the frequency distribution of breast cancer prevention methods by young woman was 58,30% not understanding how to prevent them self from breast cancer. One of work hard from Ministry relevant to strengthen health promotion by official channel to contribute improve the knowledge of young woman. The process providing of prevention or care to the unprecedented party. The risk factors caused by breast cancer include breast cancer detection and prevention. Many of the ways to prevent breast cancer include using a mirror, control of the right and left side of the breast, care for breast measurement care, self-examination of the breast, and use of prevention to find and to detect too much on all sides and continuing to conduct clinical examinations to the prevention of breast cancer and start the initial washing when breast production increases is easier to compare with breast cancer.

Conclusions

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The important to prevent the health condition is lifestyle changes and decrease the risk of breast cancer, even in women at high risk. To lower your risk are limitid alcohon consumption, maintain a healthy weight, be physically active and breast-feed.

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