

The Importance of Awareness Checks to Prevent Early Detection of Breast Cancer in Young Women in Environment III New Exploration of Bamboo Fields

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ABSTRACT

The purpose of this research is to find out the importance of Conscious Examination to Prevent Early Detection of Breast Cancer in Young Women. increase Knowledge about the Importance of Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women. The types and forms of activities of this activity are the provision of material on the compliance of the Conscious examination to prevent Early Detection of Breast Cancer, knowing the signs of breast cancer. To achieve the objectives of the above activities, activities were carried out, including the delivery of material on contraceptives which is an effort to help couples of childbearing age to comply with the use of birth control pills.

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1. Introduction

Breast cancer is one of the non-communicable diseases that is the most common cause of death among women. Breast cancer is defined as a pathology that begins with genetic changes in single cells (Johnson, 2010). This change is caused by excessive growth and uncontrolled development of breast cells (tissue) so that it takes several years to be palpated with growth starting from a 1 cm tumor but within 8-12 years the trigger cells will grow. in the host's body (Johnson, 2010; Mulyani, 2013).

In every body we have cancer cells, but if these cells continue to be active and growing, they will move to spread to tissues and organs around the breast, causing damage and even death of tissues and organs around the breast (John, 2010). The appearance of these cancer cells occurs as a result of mutations or abnormal changes in the genes that are responsible for maintaining cell growth and keeping it normal. Breast cancer is the second most deadly disease after lung disease. Based on data from the National Cancer Institute in 2018, in America there were 126,000 new cases and 20,900 deaths each year due to breast cancer.

Cases of breast cancer have decreased in developed countries but in developing countries cases of breast cancer. The process of the formation of breast cancer starts from the interaction of cancer cells with various carcinogens and changes in proteins that will cause abnormal DNA mutations (Sun, 2017). These mutations are caused by various precipitating factors such as an unhealthy lifestyle, exposure to estrogen, nulliparity, menarche under the age of 12 years, late menopause, a history of breast, endometrial, or ovarian cancer as well as a history of benign breast cancer in previously exposed patients. Radiation to the chest increases the risk of breast cancer (Andrews, 2010; Sun, 2017; John, 2010). If these risk factors are not controlled, it will cause the development of cancer cells to be faster, causing a bad impact for the patient.

The more severe the spread of cancer cells, the worse the impact. In the type of carcinoma in situ, there are physical changes where the patient will lose breasts and undergo chemotherapy which will cause the effects of being thin, losing hair, nausea and vomiting, and anxiety disorders (Andrews, 2010; Charalambous, 2017). In addition, breast cancer patients will experience changes in quality of life due to side effects of therapy that must be accepted (Dewi, 2015). The impact of breast cancer is not only physically and psychologically related but also increases in financial needs

where costs will increase if breast cancer is at an advanced stage (Blumen, 2016). Therefore, it is necessary to do early prevention to reduce the impact.

Prevention strategies really need to be done to reduce the impact that arises by making healthy lifestyle changes, breast self-examination (BSE), clinical breast examination (SADANIS) since the age of 25 years, mammography, MRI, and chemoprevention if the cancer has just formed (Johnson, 2010; Potter, 2011). More than 50% of breast cancer patients undergo examinations at health services when breast cancer is at an advanced stage with most patients aged > 40 years (Kemenkes RI, 2016; Charalombous, 2017). Breast self-examination is an easy form of down staging. Breast self-examination is one way of early detection of breast cancer by regularly palpating the breast area so that it can detect and feel abnormal breast changes with the aim of increasing women's awareness of the risk of breast cancer (Johnson, 2010; World Health Organization [WHO], 2018).

Breast self-examination is carried out once a month from the age of 18-20 years, because 85% of breast abnormalities can be detected by patients when screened (Minister of Health Regulation No. 34 [PMK No. 34], 2015; Potter, 2011). This examination is carried out on the seventh to tenth day after menstruation because at this time the influence of estrogen and progesterone is very low and the breast glands are not swollen when bathing or before going to bed (Potter, 2011; Putra, 2015). Nurses have the authority to provide learning to each individual, both sick and healthy individuals. One of the nurse's roles is as an educator in the promotion and prevention of a disease in the community. Adolescents become one of the promotive and preventive target groups for breast cancer by providing education about BSE because during adolescence there is a peak in breast growth and development, emotional fluctuations, and reproductive development (Sue, 2011).

2. Method

The direction or purpose of this activity can be carried out by conducting an Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women, carried out at the Lingk. III Ex. New Bamboo Field District. Medan Tuntungan, Darmo Midwifery Academy lecturers, totaling 2 targeting young women.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Request permission from the Head of the District for the implementation of Counseling activities on Consciousness Examination to Prevent Early Detection of Breast Cancer in Young Women.
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of Counseling activities on Conscious Examination to Prevent Early Detection of Breast Cancer in Young Women. Determination of the facilities and infrastructure needed to support the implementation of the counseling activities.
- 4) Other things that are considered important in carrying out activities

b. Coordination meeting with the activity implementation team in this case:

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) things deemed necessary

2.2 Activity Process

On September 3, 2020, data collection was carried out for participants who will take part in counseling activities on Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women, opening ceremony, counseling on Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women, among others by conducting:

a. Lecture

b. FAQ

c. Discussion

After giving the material, you will be taught how to do Consciousness.

3 Results and Discussion

a. Target Audience

The target of this activity is couples of childbearing age in Neighborhood III of Baru Ladang Bambu Village, Medan Tuntungan Sub-district in order to find out how to carry out Awareness Checks to Prevent Early Detection of Breast Cancer in Young Women.

b. Linkages

In carrying out this service activity, the fields of science that are considered related include adolescent reproductive health.

c. Supporting and Inhibiting Factors

1) Supporting factors

Enthusiasm of couples of childbearing age is quite large, the Kelurahan and Subdistrict in this case Kelapa Kecamatan, Kepling provide time and place so that counseling can run well.

2) Obstacle factor

Awareness of young women to carry out Awareness Checks to Prevent Early Detection of Breast Cancer.

4 Conclusion

The report on the implementation of community service activities in the form of counseling on Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women carried out in the Baru Ladang Bambu Village which can be stated as follows: the activity was carried out in accordance with the objectives and plans, this activity received a good response from the kelurahan and district. This activity provides a new discourse for young women to carry out Awareness Checks to Prevent Early Detection of Breast Cancer in Young Women.

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