

## Study of Women Breast Self-Examination on Employed Women in the Clinical Center Women of Ardabil

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### Abstract

Breast cancer is the most common cancer among women. In mortality rate is ranked second among cancer. One of the important ways of self-care for women with breast cancer prevention and control of ones self with the applicable, That can be done by breast Self-Examination . The purpose of this study was to determine the extent of BSE in employed women in the clinical center women of Ardabil. In this descriptive study, by the researcher made questionnaire, from 50 employed women in specialized women center of Ardabil. Monthly breast self examination data were collected in September 2014. Data were analyzed by SPSS v.16 software using Descriptive statistics. The results of this study showed that the mean age was 37 years. Most of them were nurses (48%), Married(84%), 52% had two children, 72% Breastfeeding history and the average months of breastfeeding was 24 months. family history of breast problems (8%), Only 6% performed regularly monthly BSE. Lack of BSE in 70% of cases was negligence And almost all of them believed in the need for regular monthly (98%). Midwives were doing BSE more than other groups. But there was no significant difference ( $p > 0/05$ ). Even gynecologists did not have regular breast self-examination. One of the most important self-care practices of women in the prevention of breast cancer is regular monthly breast self-examination ( BSE), that rarely done in specialized centers by employed women. Due to the necessity of this approach and the need to train women professionals in this way other women by doctors and nurses and midwives, be sure to check the reasons for BSE by public health experts and guidelines in relation to BSE and doing follow-up offer. In the context of health belief model ( HBM) is recommended.

Keywords: Breast Self-Examination, Breast, Cancer, Employed Women, Clinical

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