

Evaluation of Knowledge, Screening Practice, and Potential Risk Prevalence of Breast Cancer Among Women In UAE

Maram Abbas¹, Mirza Baig²

**¹Department of Clinical Pharmacy and Therapeutics, Dubai Pharmacy College for Girls,
Dubai, United Arab Emirates**

**²Institution of Public Health, College of Medicine & Health Sciences, United Arab emirates
University, Al Ain, United Arab Emirates**

Dr.maram@dpc.edu

Background: Breast cancer is considered the most dangerous cancer for women, driving the highest number of mortalities in women worldwide. According to the WHO 2020 report, breast cancer showed the highest five-year prevalence in the UAE, among other cancers. This research assessed breast cancer awareness, potential risk factors, screening approaches and practices, barriers to screening, and attitudes toward seeking medical help among UAE women.

Methods: A cross-sectional community-based study was conducted through a web-based validated questionnaire. The questionnaire was sent randomly through social media platforms. The eligible completed were 616 responses. Data analysis was carried out using IBM SPSS version 27.

Results: This study showed a prevalence of breast cancer of 3.1% among the study population. Regarding Breast cancer knowledge, most of the participants, 65.8% had moderate knowledge, 19% had poor knowledge, and only 7.6% had good knowledge. Breast cancer screening methods were the most recognized section at 76%, followed by knowledge of symptoms and risk factors. A remarkably higher knowledge was noticed in the age group 46 to 55 years, postgraduate degree holders, healthcare workers, and participants who received information from healthcare providers or attended awareness events. Twenty-five percent of respondents had at least one breast cancer symptom. The majority of participants, 72.6%, had some Breast cancer risk factors. The most faced risk factor was stress at 45.9%, followed by sleep disturbances and a high glycemic index diet at 32.6% and 30.5%, respectively. About 37.1% of women aged more than 40 years had never undergone mammography. Unfortunately, 17% of the participants would

delay seeking medical help if they noticed any abnormal findings, and (0.6%) would never ask for help. A positive attitude showed by (63.3%) to attending breast cancer awareness campaign.

Conclusion: In conclusion, most participants had adequate knowledge about breast cancer with relatively higher knowledge scores for screening methods and symptoms. Participants who received information from healthcare providers or attended awareness events had a higher knowledge score. In contrast, insufficient mammography screening had been revealed. At the same time, potential risk evaluation revealed a high percentage of participants suffering from many potential risk factors.