

*T. Ruzhenko, Student
O. Ryzhenko, Lecturer
Zhytomyr Nursing Institute*

SELF-EXAMINATION IS ONE OF THE METHODS OF SCREENING TESTS OF BREAST CANCER DIAGNOSIS

Breast self-exams is the most efficient way to detect not only breast cancer, but also a variety of benign diseases, as well as some of the underlying diseases, which may occur a malignant tumor. "Professor S. A. Holdin says that dissemination of correct information about the sign of disease, reasonable orientation according to the identified seals, changes in the shape of the breast, nipple discharge and other violations should increase the number of hits in the early periods of the disease. That is why, it is necessary to teach women a systematic examination" [1, c.78].

Self-examination is recommended systematically, once a month, preferably in the period of physiological softening of the breast, i.e. in the first week after menstruation. Women being menopause should choose one of the days and examine themselves monthly.

This method has been confirmed by many countries. According to numerous studies, 75-90% of breast tumors women find themselves without special training of self-examination. By self-examination 59,6% of affected women seek care for breast tumors in stage IV and only 29.9 per cent at stages I or II, and the first reaction to the detection of tumors is mostly a fear of losing the breast, and not fear of dying from cancer. However well informed woman can detect a tumor with a diameter of 0.5-1 cm. According to some reports, tumors smaller than 1 cm metastasize in lymph nodes in 31% of cases, while tumors larger than 5 cm, the frequency of metastases is 73% [3, c.432].

The fight against breast cancer should not be presented to the women themselves, more appropriate is the possibility to receive advice from qualified professionals. However, if a woman takes care of herself, no organizational measures can not achieve such regularity that can be observed by the woman herself. Self-examination can play a positive role for the detection of both precancerous and tumor breast diseases [2, c.80].

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