

Breast Cancer Knowledge, Attitudes, and Practices (KAP) study in Jordan



King Hussein Cancer Foundation
King Hussein Cancer Center



Jordan Breast
Cancer Program

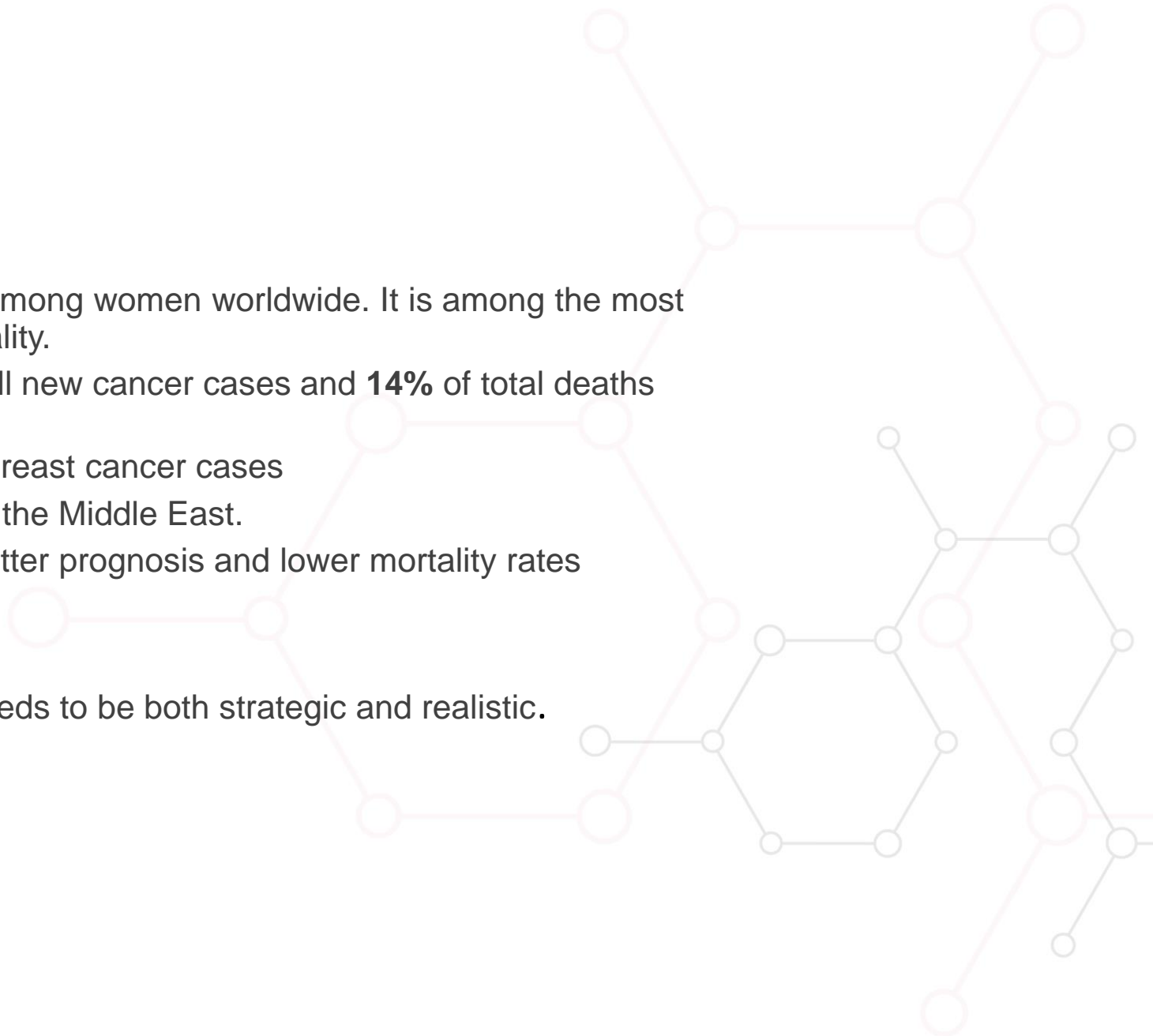
البرنامج الأردني لسرطان الثدي

A King Hussein Cancer Foundation and Center Program

Background

- Breast Cancer is the most common cancer among women worldwide. It is among the most common causes of women morbidity and mortality.
- It is responsible for approximately **23%** of all new cancer cases and **14%** of total deaths around the world.
- Women in LMICs account for **53%** of new breast cancer cases
- **44,849** new breast cancer cases in 2020 in the Middle East.
- Early detection of breast cancer leads to better prognosis and lower mortality rates

LMICs approach to breast cancer screening needs to be both strategic and realistic.

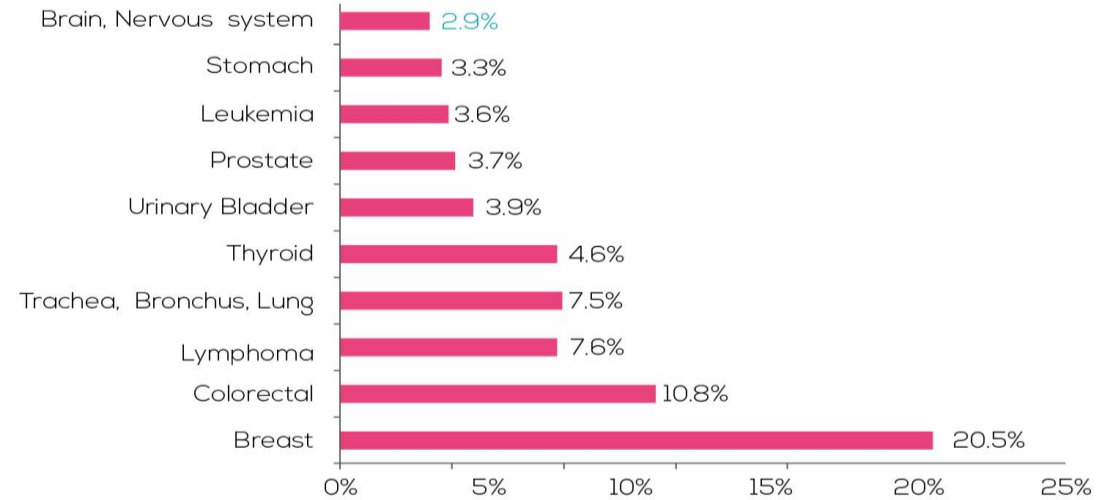


Background: Breast Cancer in Jordan:

Breast Cancer Incidence in Jordan 1996-2018



Breast cancer is no.1 cancer in Jordan



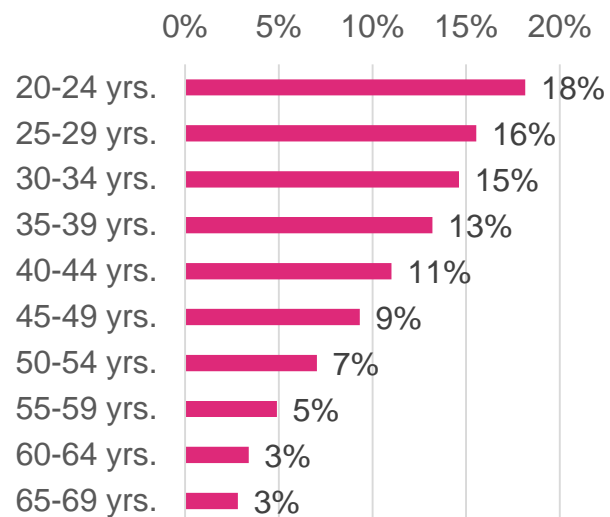
10 most common cancers among Jordanians (Both Genders) 2017

- Most of the women diagnosed in Jordan are between the ages of 40-59 years.
- The median age of diagnosis is 10 years younger than western countries (Median age is 52).
- Jordan's National Guideline for breast cancer early detection recommends BSE every month starting at the age 25, CBE annually above 25 years, & mammography once every 1-2 years above 40 yo.

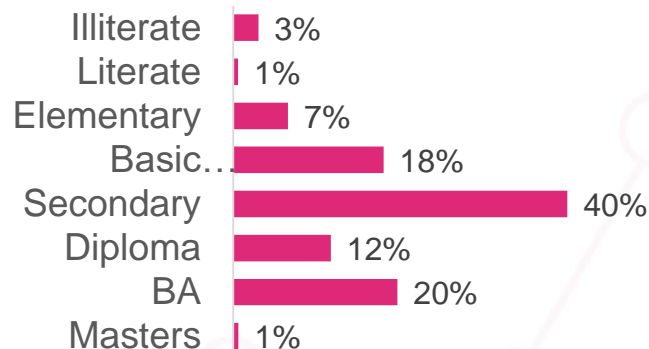
Respondents' Demographics



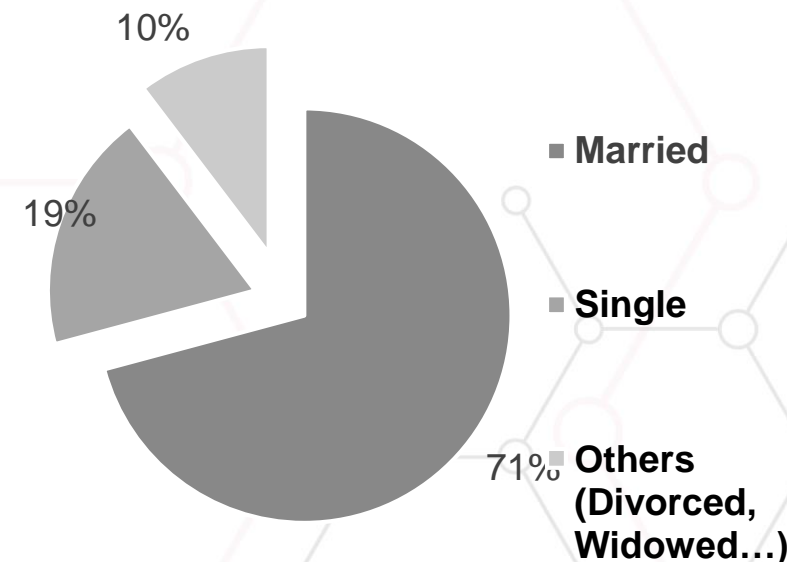
**100%
Females**



RESPONDENTS' Education



Marital Status



Cross-sectional



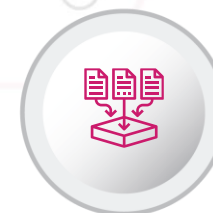
A sample of **2058 women** across Jordan



Interviewer administered survey



Structured questionnaire
Interview length 30-35 minutes



Data was collected using Computer-Assisted Personal Interviews (CAPI)

BASE: 2,058

Findings

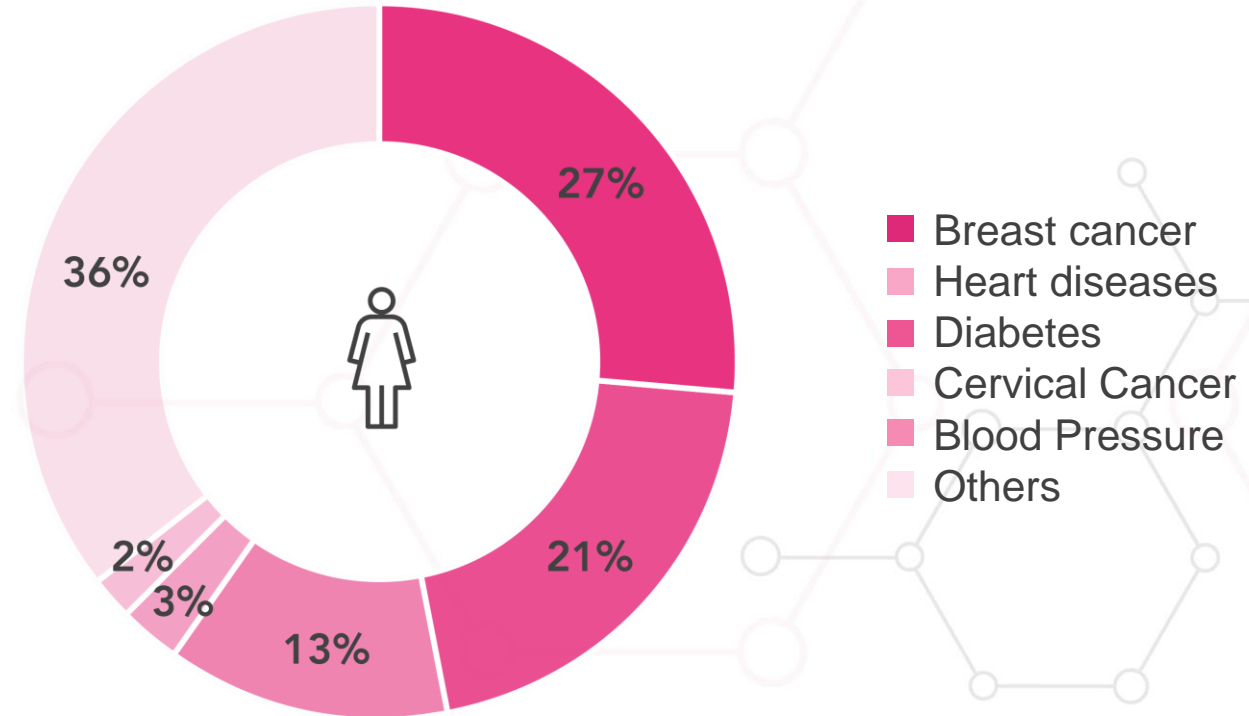


Spontaneous Health Condition Indicates Women Attention to the Health Issue

HEALTH CONDITION OF CONCERN

OTHERS

Other Cancer Types	9%
Obesity	5%
Gynecological diseases	2%
Anemia	2%
Coronavirus	1%
Infections	1%
Thyroid	1%
Strokes	1%
Joints Pain	1%
Disc	1%
Headache	1%
Colon	1%
NONE	4%
Others	7%



BASE: 2,058

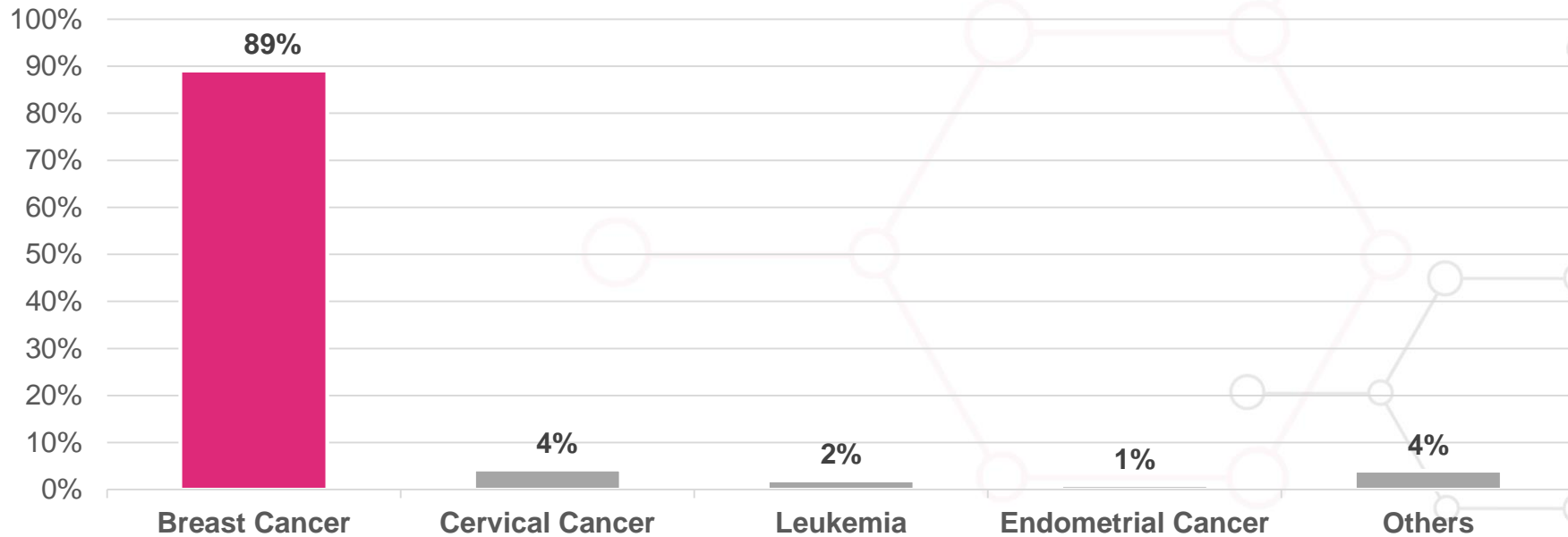
عند التفكير بالحالات الصحية التي تصيب السيدات ما هي الحالة الصحية التي تخطر على بالك أولاً وتجعلك أكثر حرصاً على متابعة صحتك؟

Perceptions on most serious cancer

Most Common and serious to Women

By far, respondents consider Breast Cancer as the most common and serious cancer affecting women's health

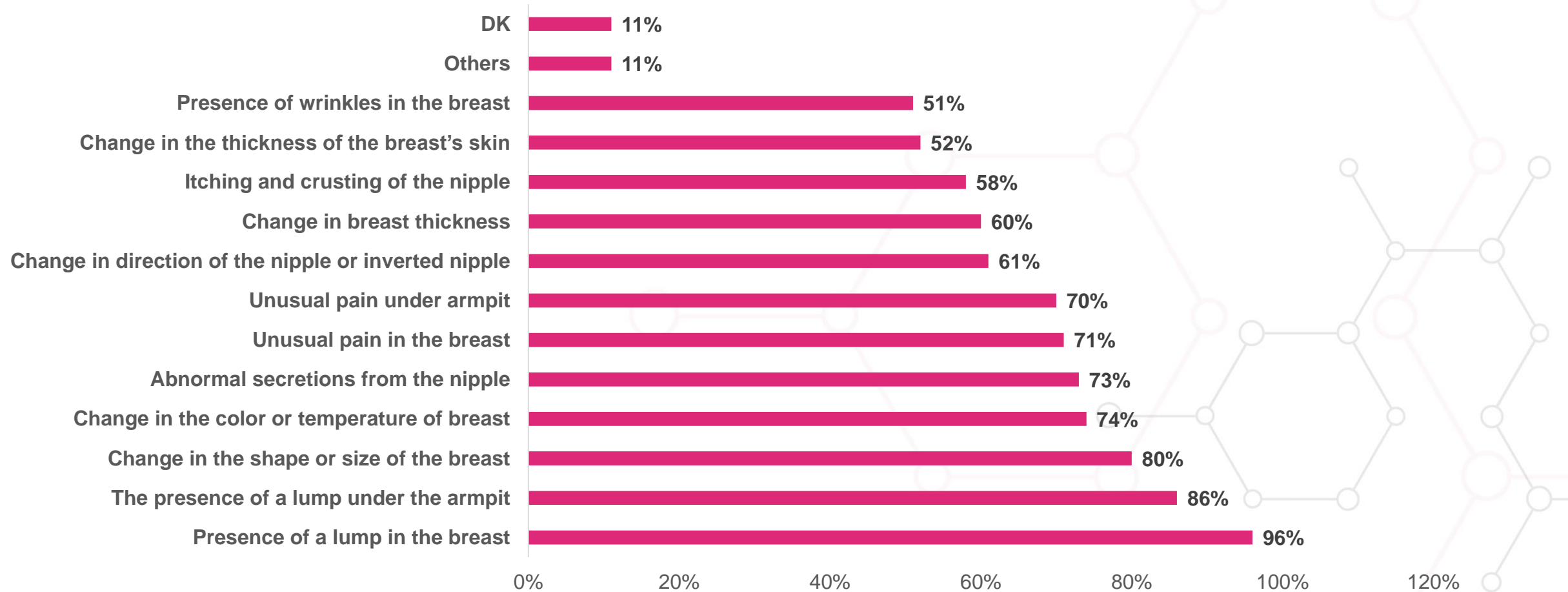
● Top of Mind Answer



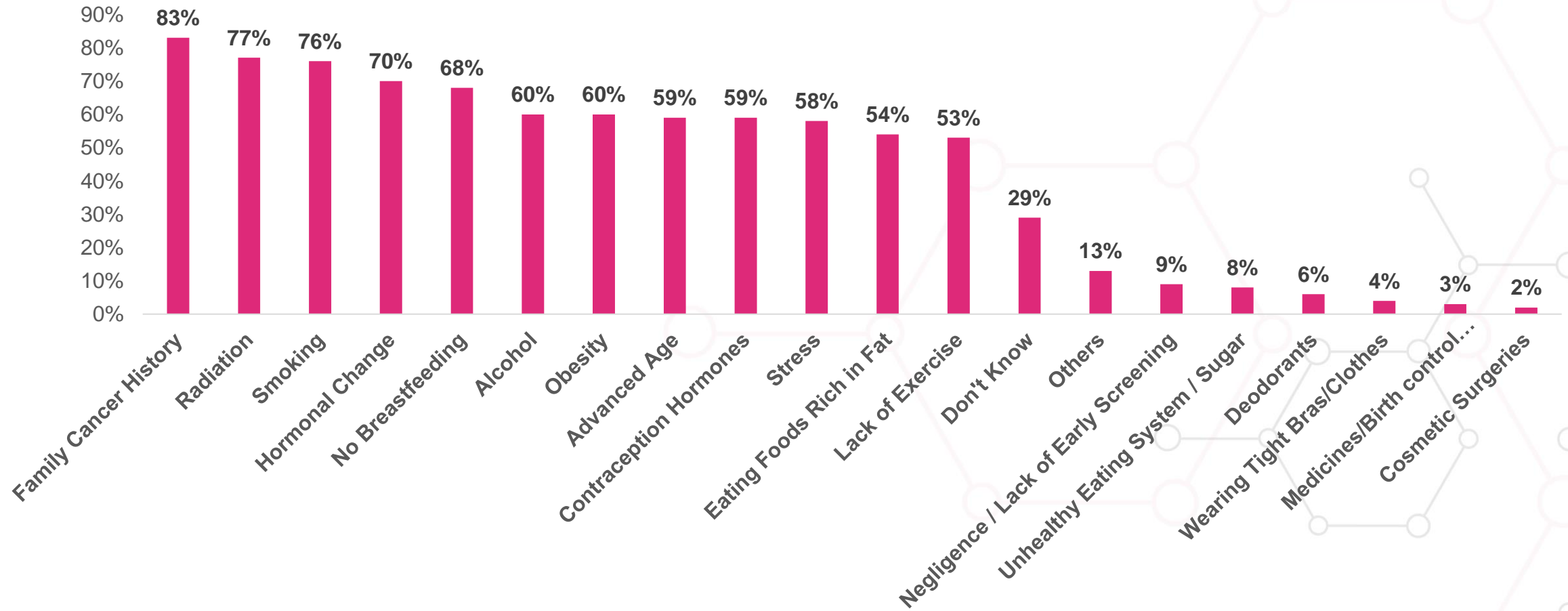
BASE: 2,058

فيما يتعلق بأنواع السرطانات المختلفة التي انت على دراية بها، من فضلك أخبريني ما نوع السرطان الذي برأيك الذي يعتبر الأكثر انتشارا وعرضة للإصابة لدى السيدات

Knowledge on Breast Cancer Symptoms (TOTAL)



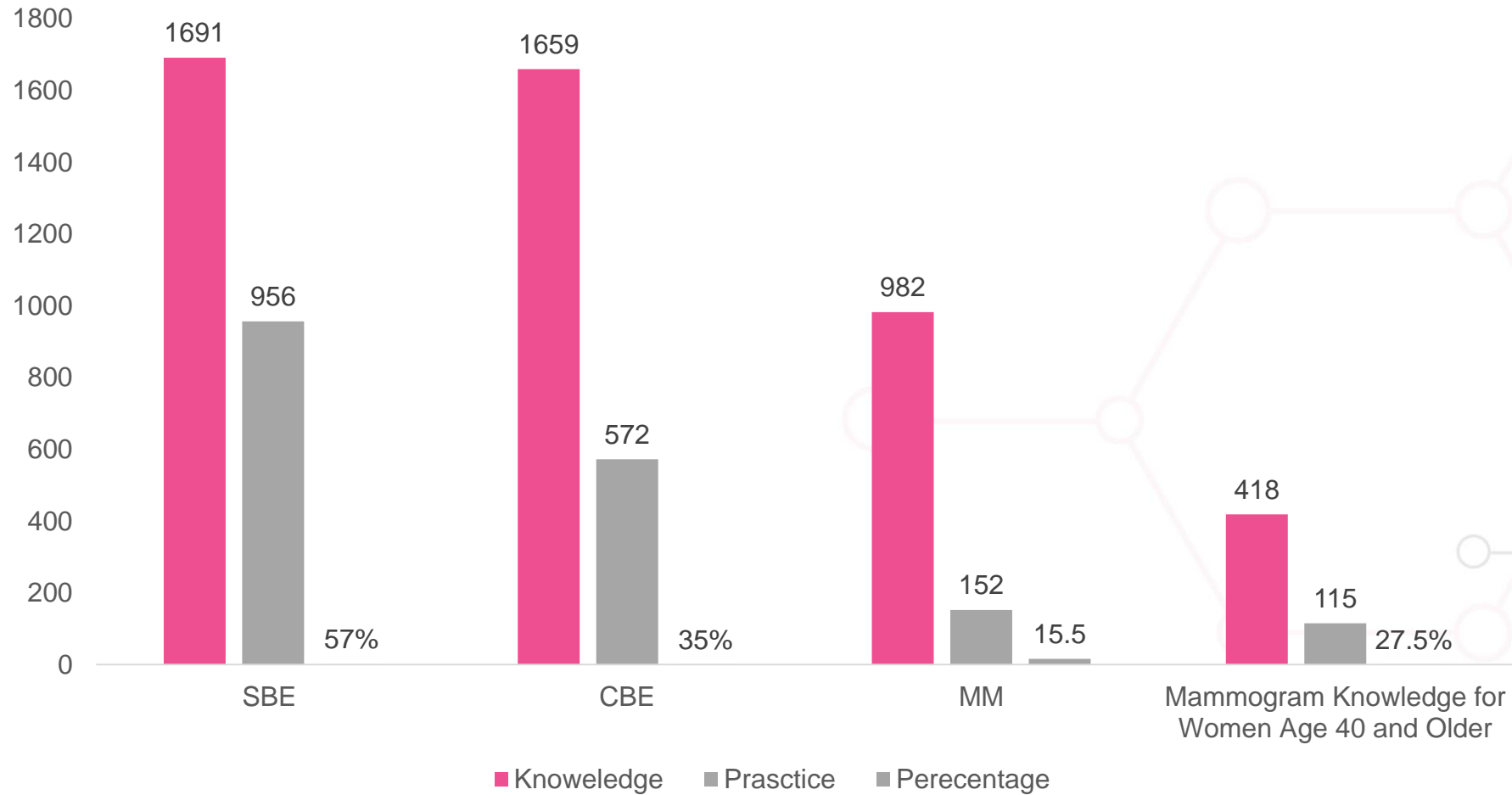
Knowledge on Breast Cancer Risk Factors (Total)



Breast Cancer Early Detection Tests



Knowledge Vs Practice of Early Detections Exams



Awareness of Breast Cancer Exams (Aided)

Percentage of respondents who don't know breast cancer tests was highest in the age group (40-44 yrs.) and (50-54 yrs.), 25-29 Age group was the highest group scored the lowest awareness on Mammogram as well. The lowest awareness on mammogram was seen in Irbid, Mafraq, and Maan

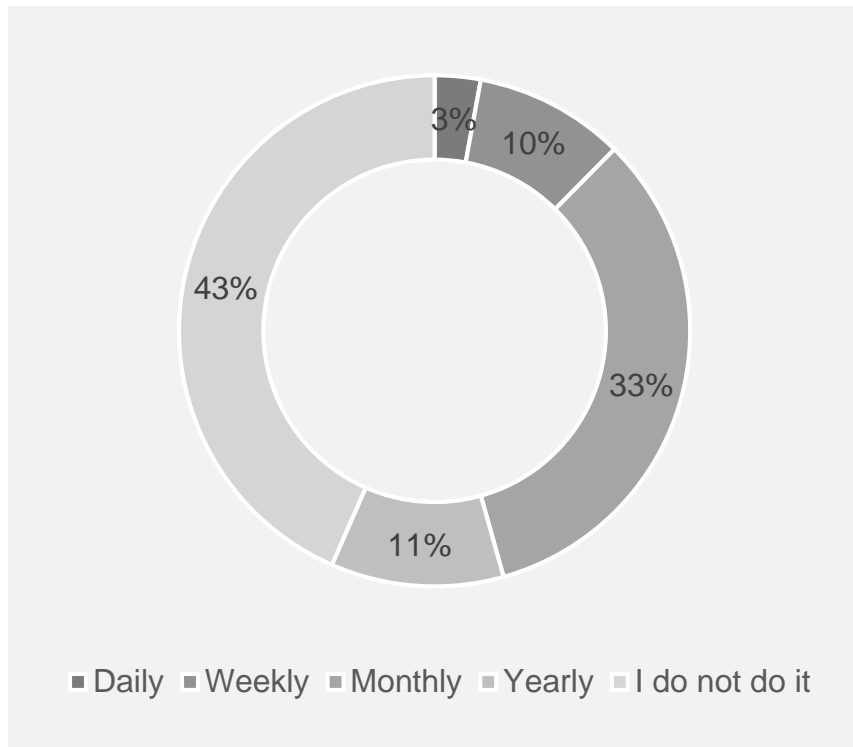
	20-24 yrs.	25-29 yrs.	30-34 yrs.	35-39 yrs.	40-44 yrs.	45-49 yrs.	50-54 yrs.	55-59 yrs.	60-64 yrs.	65-69 yrs.		Amman	Balqa	Zarqa	Madaba	Irbid	Mafraq	Jerash	Ajloun	Karak	Tafileh	Ma'an	Aqaba
Base	373	320	300	272	227	192	145	101	70	58		526	148	280	87	325	164	99	88	121	66	73	81
Biopsy	72%	72%	67%	70%	68%	72%	72%	75%	73%	67%		73%	70%	74%	82%	62%	74%	71%	73%	77%	70%	56%	62%
Ultrasound	42%	42%	46%	49%	44%	43%	41%	52%	50%	31%		50%	55%	40%	48%	38%	36%	34%	52%	48%	50%	29%	43%
CBE	38%	33%	37%	35%	36%	46%	37%	41%	41%	36%		40%	43%	36%	39%	38%	38%	31%	40%	34%	23%	29%	33%
SBE	32%	34%	28%	30%	23%	28%	24%	34%	26%	22%		30%	28%	28%	29%	27%	24%	31%	32%	36%	36%	27%	22%
Mammogram	21%	19%	25%	31%	26%	20%	20%	25%	27%	21%		26%	24%	25%	30%	19%	18%	21%	33%	26%	20%	16%	21%
Don't Know	6%	5%	6%	7%	9%	5%	8%	6%	7%	5%		5%	5%	6%	2%	8%	7%	12%	3%	3%	6%	14%	12%
Others	1%	3%	1%	1%	1%	1%	3%	0%	1%	5%		0%	4%	2%	0%	2%	1%	1%	1%	1%	3%	5%	0%

من هذه القائمة، ما هي طرق تشخيص سرطان الثدي التي أنت على دراية بها للكشف المبكر عن سرطان الثدي

Practices of SBE

With regards to SBE practices, (33%) mentioned that they do the SBE on a monthly basis, while (43%) they do not do the SBE. Most common reason for doing the SBE was for “check up”

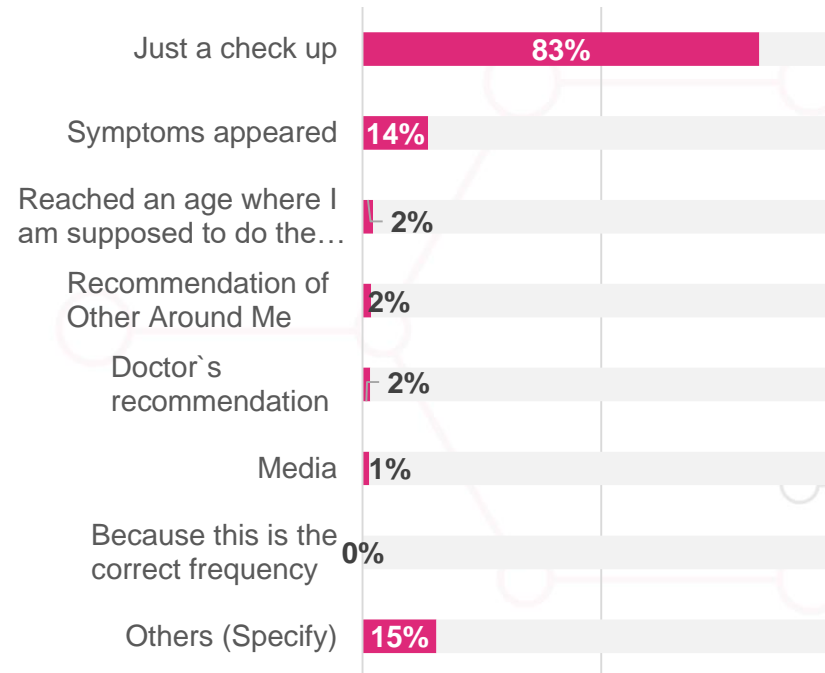
Frequency of doing the SBE



BASE: 1,601

ما تكرر قيامك بالفحص الذاتي للشدي؟

Reasons of doing the SBE in the specific frequency



Avg. Age of which respondents think that they should start SBE is

25.9 Years

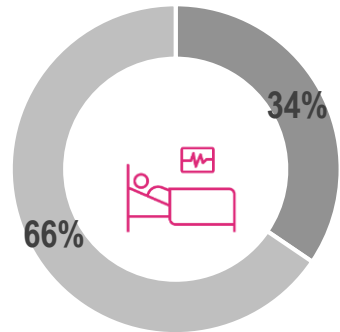
ما هي الأسباب التي تجعلك تقومين بالفحص بهذا التكرار

BASE: 958

Practices of CBE

The most recorded reason of which respondents did the CBE, was because of symptoms appeared
And 35% of respondents who have done the CBE, said that doctor did not recommend any actions based on the CBE

Ever done CBE



■ Yes ■ No

هل سبق لك وقمتي
بالفحص السريري للثدي؟

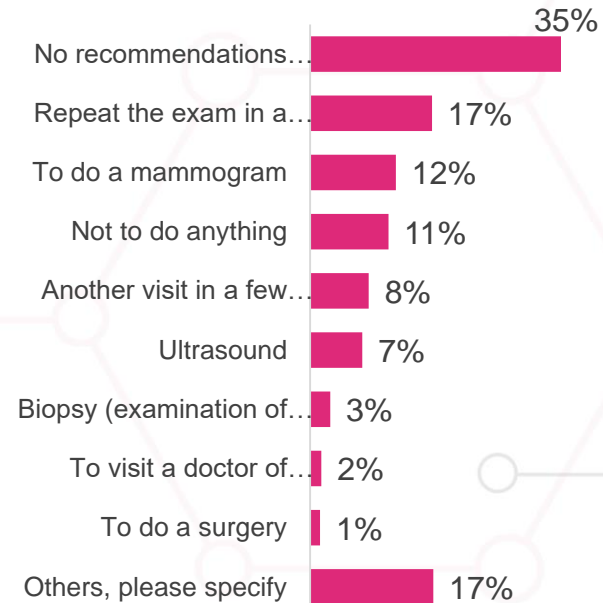
BASE: 1,659

Reasons for doing the CBE

BASE	572
Symptoms appeared	57%
Just a check up	35%
Others (Specify)	12%
Recommendation from doctor	10%
Recommendation from people surrounding me	2%
Reached an age where I am supposed to do the CBE	1%
JBCP lectures	1%
Lectures	1%

ما هي الأسباب التي جعلتك تقومين
بالفحص السريري للثدي آخر مرة؟

Doctor's Recommendations



ما هي توصيات الطبيب لك
حسب آخر الفحص السريري للثدي

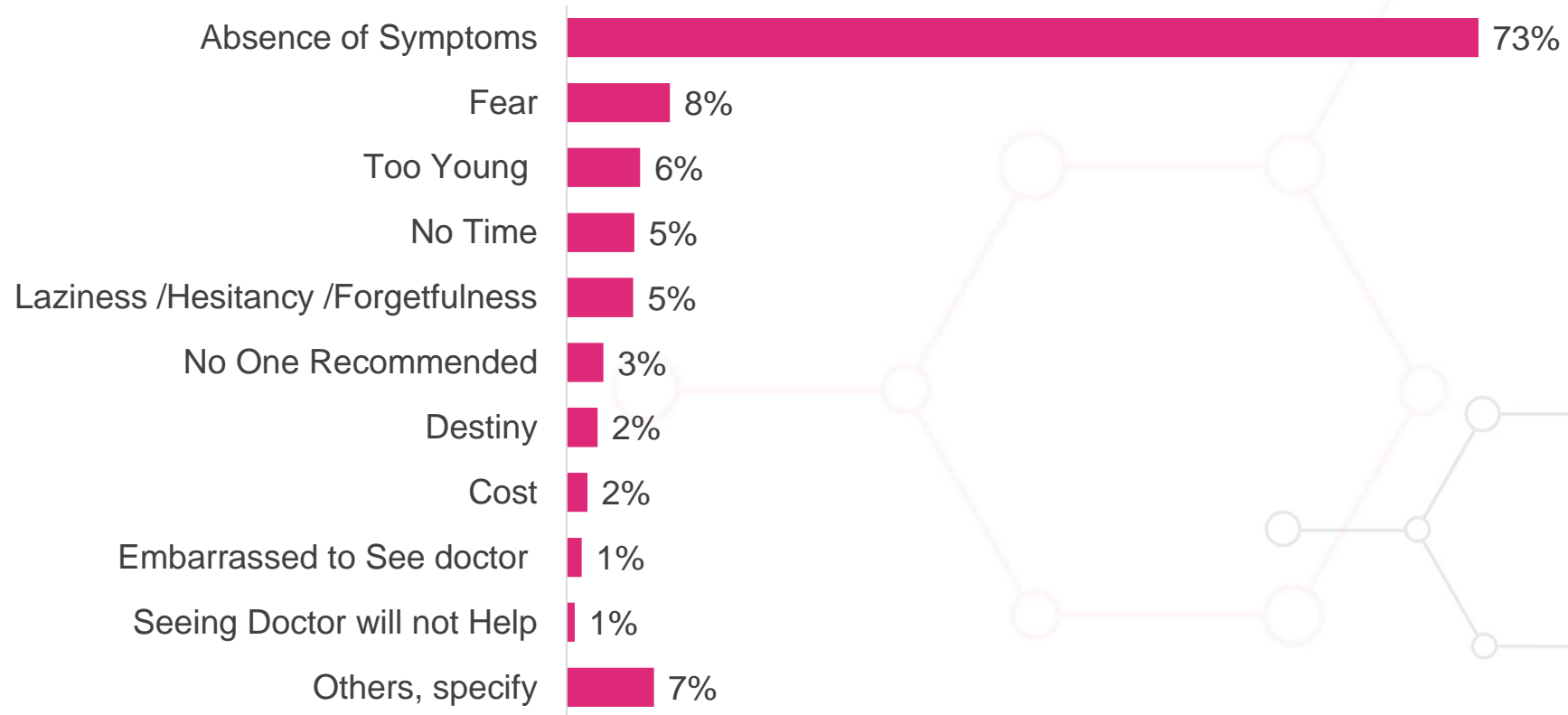
Avg. Age of which
respondents think
that they should
start CBE is

29.2 Years

BASE: 572

Barriers of doing CBE

When asked about the barriers of not doing the CBE, the majority reported that it is because no signs of breast cancer appeared



BASE: 1,087 those who has never done CBE

ما هي الأسباب التي منعتك من إجراء الفحص السريري للثدي؟

Knowledge and Practice on Mammography Screening

Perception on the age to do the Mammogram

Total interviews	982
As of the age of 40 yrs.	44%
Before the age of 40 yrs.	34%
Other than that	14%
I do not know	7%

ما هو السن الملائم لإجراء فحص الثدي بالأشعة (الماموغرام) إذا لم يكن هناك تاريخ مرضي لسرطان الثدي؟

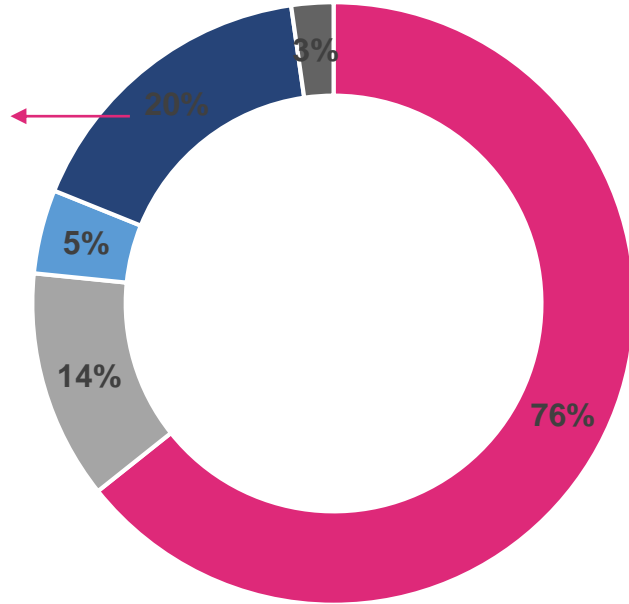
Frequency should a woman do the Mammogram by

Total interviews	982
Yearly	53%
Every two years	4%
Every 4 years	1%
Never	0.5%
I do not know	11%
Others, specify	30%

ما هو المعدل الذي يجب فيه على النساء إجراء فحص الثدي بالأشعة (الماموغرام)؟

Reasons which make women do the Mammography

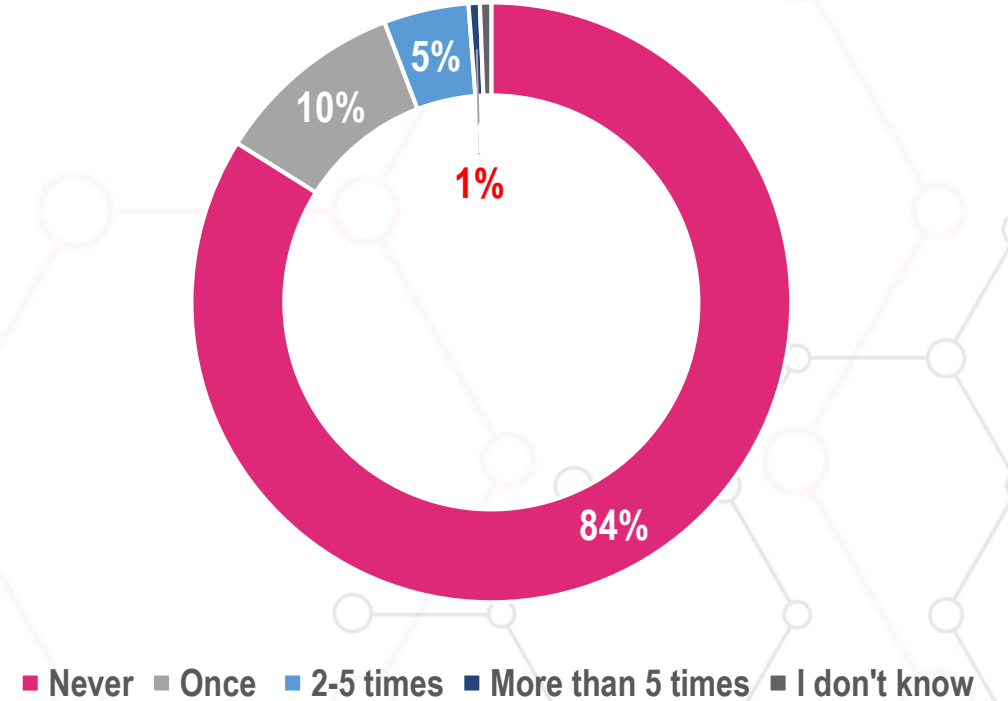
Majority of "Others" is JUST FOR CHECK UP



- In case of a lump or any noticed change in breast
- When the Doctor recommends
- Routine Check-Up Starting from Age 40
- Include the age 40

ما الأسباب التي تجعل النساء تقوم بفحص الثدي بالأشعة (الماموغرام)؟

Ever done mammogram in the past 5 years

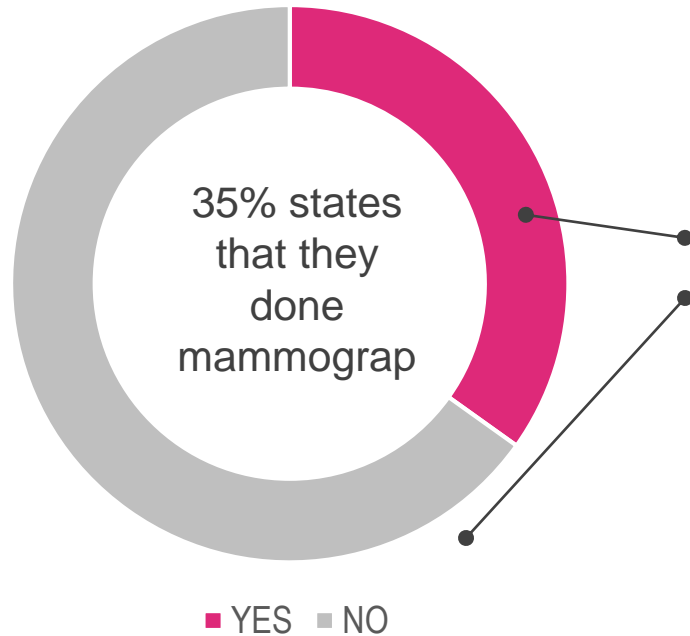


- Never
- Once
- 2-5 times
- More than 5 times
- I don't know

كم مرة قمت بعمل فحص الثدي بالأشعة (الماموغرام) خلال الخمس سنين السابقة؟

Experience with mammography

of mammogram done in the past 12 months



Base = 152 Those who have done the exam in the past 5 years

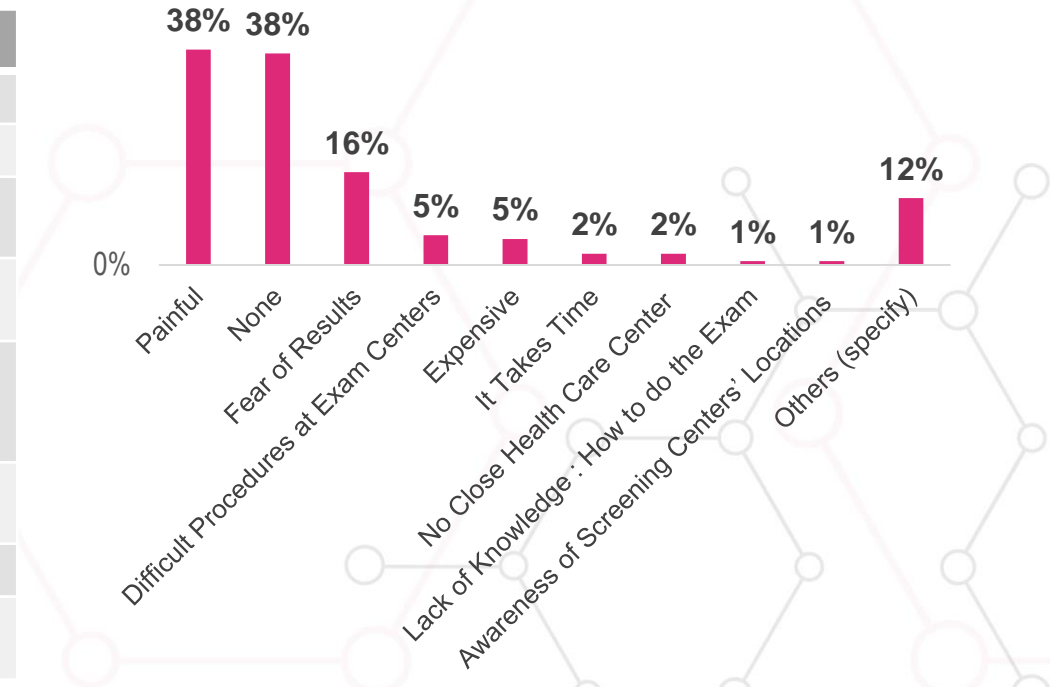
هل قمتي خلال 12 أشهر السابقة بعمل فحص الثدي بالأشعة (الماموغرام)

Reasoning of doing the last mammogram

BASE	152
Symptoms appeared	51%
Just a check up	36%
Recommendation from doctor	24%
Others (Specify)	9%
Reached an age where I am more vulnerable to breast cancer	3%
Recommendation from people surrounding me	3%
Lectures	1%
JBCP lectures	1%

لماذا قمتي بعمل فحص الثدي بالأشعة (الماموغرام) في آخر مرة؟

Challenges faced



Base = 152 Those who have done the exam in the past 5 years

من فضلك أخبريني ما هي التحديات التي واجهتها عند اجراء فحص الثدي بالأشعة (الماموغرام)؟ ماذا أيضاً؟

Challenges faced when doing the Mammography

	Below 40 Yrs.	40 Yrs. And Above
BASE	37	115
NONE	35%	38%
Fear of Results	30%	12%
Painful	27%	42%
Expensive	8%	3%
No close health care centre which provides Mammography	8%	0%
Difficult procedures at the exam centers	8%	4%
Awareness of screening centers' locations and service availability	3%	0%
It takes time	0%	3%
Knowing how to do the exam	0%	1%
Others	16%	10%

BASE: +40 yrs.

Barriers for not doing the mammography

Mammogram is not linked to screening and early detection habits by most of the respondents

BASE	303
No symptoms appeared	64%
Fear of results	15%
Cost	9%
Time limitations	8%
No close health care centre which provides Mammography	3%
I have other financial priorities	1%
I don't know anything about it	1%
It takes time	1%
Painful	1%
Others (specify)	18%

ما الأسباب التي لا تجعلك من القيام فحص الماموغرام لكشف المبكر؟ ماذا أيضاً؟

Awareness on Where it can be done

It is noticed that respondents see multiple health institutions can do the mammogram, with the highest be for Public Hospitals

Total interviews	152
Public Hospitals	51%
Private Hospitals	39%
MOH Public Health Centers	25%
Military Hospitals	25%
King Hussein Cancer Center	24%
Private Health Centers / Radiology	16%
Others (Specify)	7%
Don't Know	1%

Base: Those who have done the mammogram screening

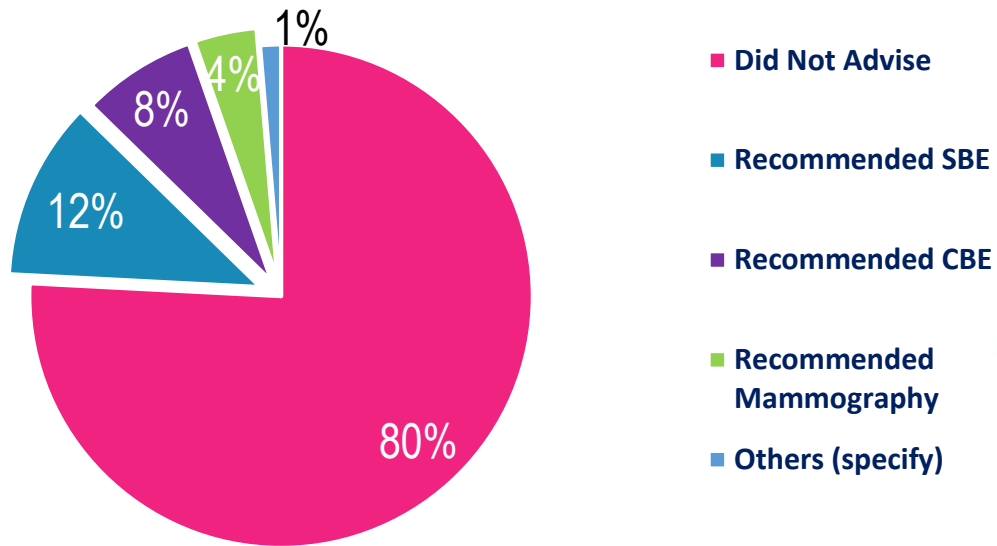
في أي جهات / مؤسسات صحية يمكن إجراء فحص الثدي بالأشعة (الماموغرام)

Attitudes & Future Practices



Physicians

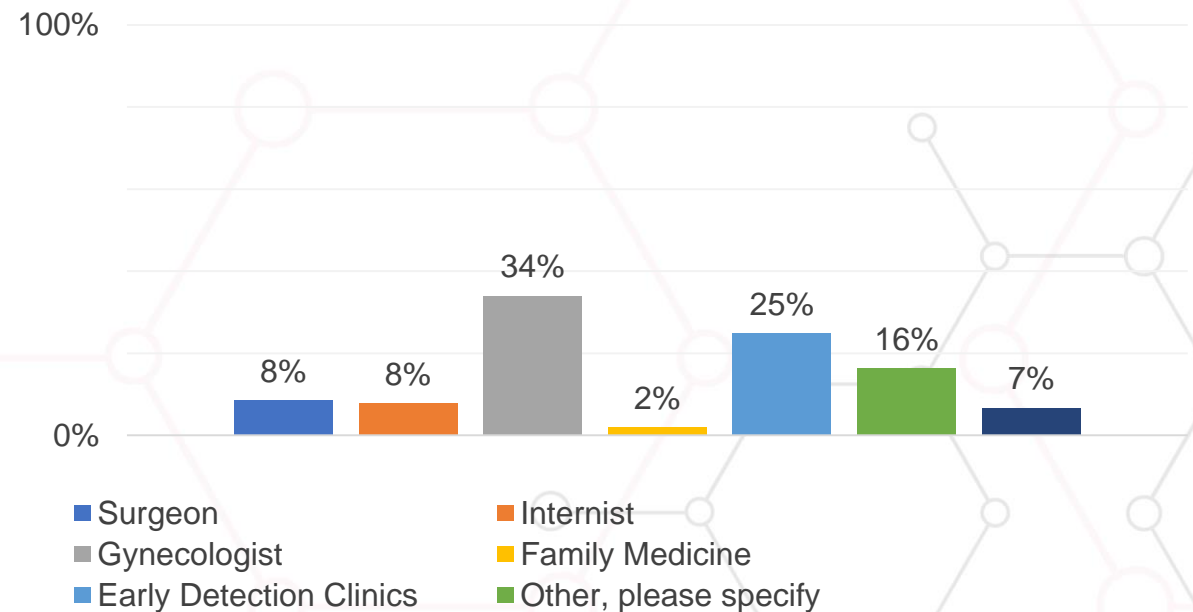
PHYSICIAN'S RECOMMENDATION ON DOING BREAST SCREENING



هل سبق ونصحك طبيبك بعمل فحوصات الكشف المبكر لسرطان الثدي بشكل اعتيادي للاطمئنان فقط

BASE: 2,058

Perceptions on the physician to see (by specialty) if a breast cancer case was suspected



إذا اشتبهت المرأة في إصابتها بسرطان الثدي، من هو الطبيب المختص الذي يجب أن يستشيرته؟

Perceptions on the motivating factors for screening

SBE

BASE	1,659
Increase awareness	49%
When symptoms appear	32%
Lower the cost or make it free	12%
Encouragement from family members	11%
Do not know	7%
Closeness of exams centers	5%
Ensure doctors are recommending the early screening to women	4%
Facilitate procedures / appointments	2%
Qualified medical staff	2%
To be included in the insurance	1%
Others	15%

CBE

BASE	1,691
Increase awareness	66%
When symptoms appear	13%
Encouragement from family members	8%
Do not know	7%
Ensure doctors are recommending the early screening to women	3%
Lower the cost or make it free	3%
Closeness of exams centers	2%
To be included in the insurance	1%
Qualified medical staff	1%
Facilitate procedures / appointments	1%
Others	21%

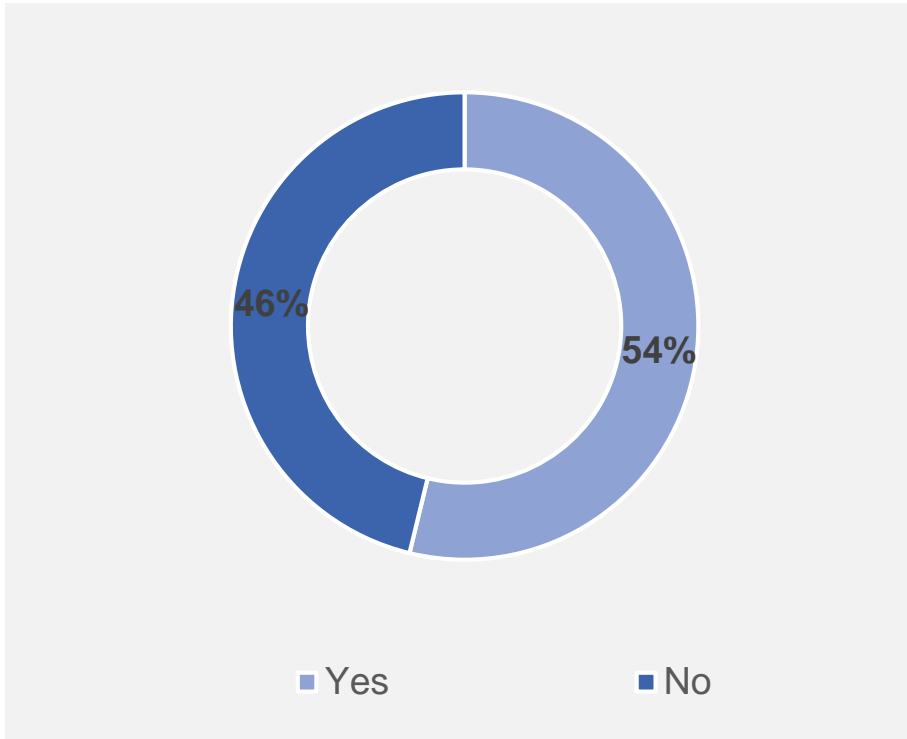
Mammogram

BASE	982
Increase awareness	38%
When symptoms appear	36%
Lower the cost or make it free	17%
Encouragement from family members	9%
Do not know	8%
Ensure doctors are recommending the early screening to women	6%
Closeness of exams centers	5%
Facilitate procedures / appointments	3%
To be included in the insurance	2%
Qualified medical staff	1%
Others	15%

ما الأمور التي تعتقد أنها من الممكن أن تشجع النساء بالقيام بفحوصات الكشف المبكر عن سرطان الثدي بشكل منتظم

Screening plans

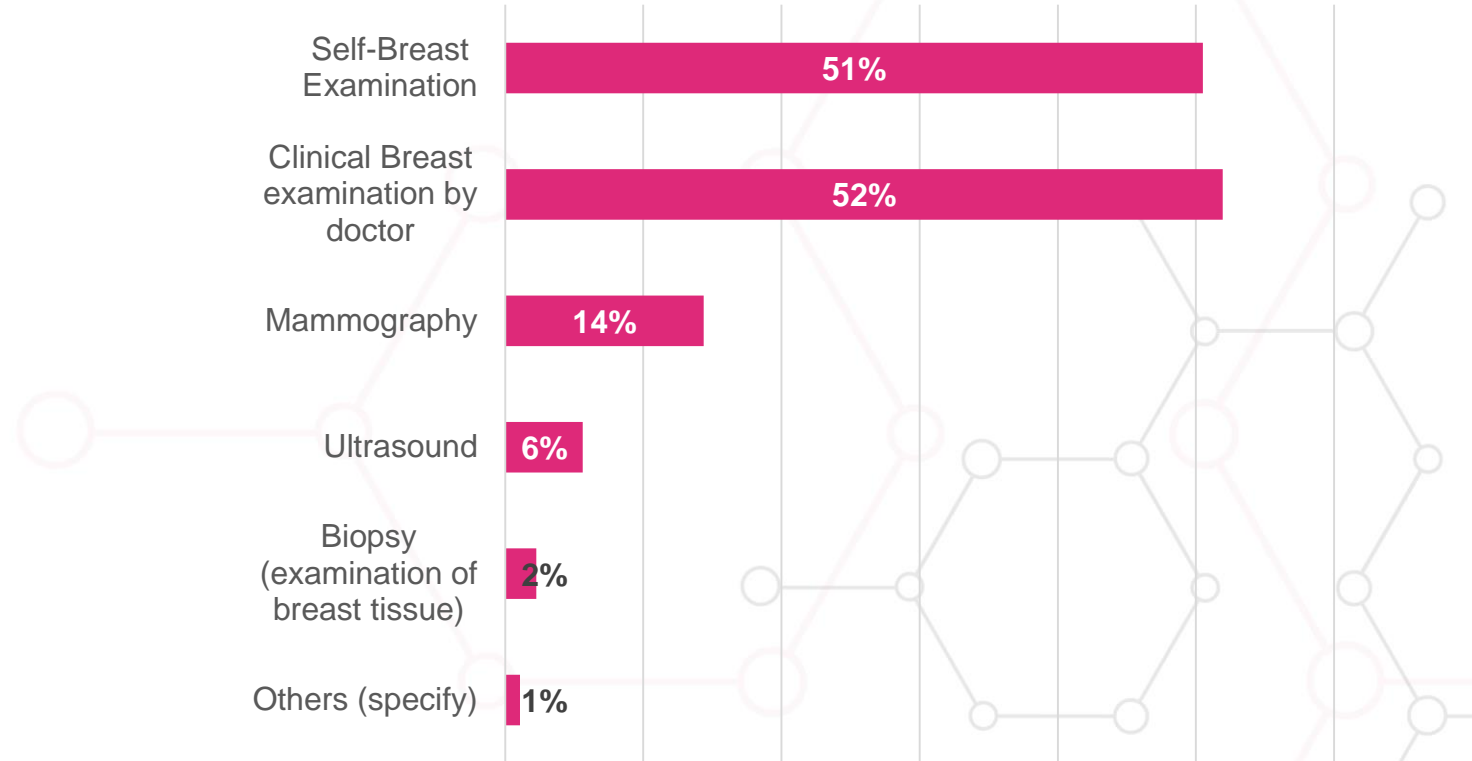
Planning to do the early screening in the next 12 months on a regular basis



خلال ال 12 أشهر القادمة، هل تخططين لعمل فحص دوري للكشف المبكر عن سرطان الثدي (بدون أعراض) بشكل منتظم؟

BASE: 2,058

Early detection tests in consideration



ما أنواع فحوصات الكشف المبكر التي ستأخذينها بعين الاعتبار؟

BASE: 1,107

Intension to Conduct Early Detection Exams

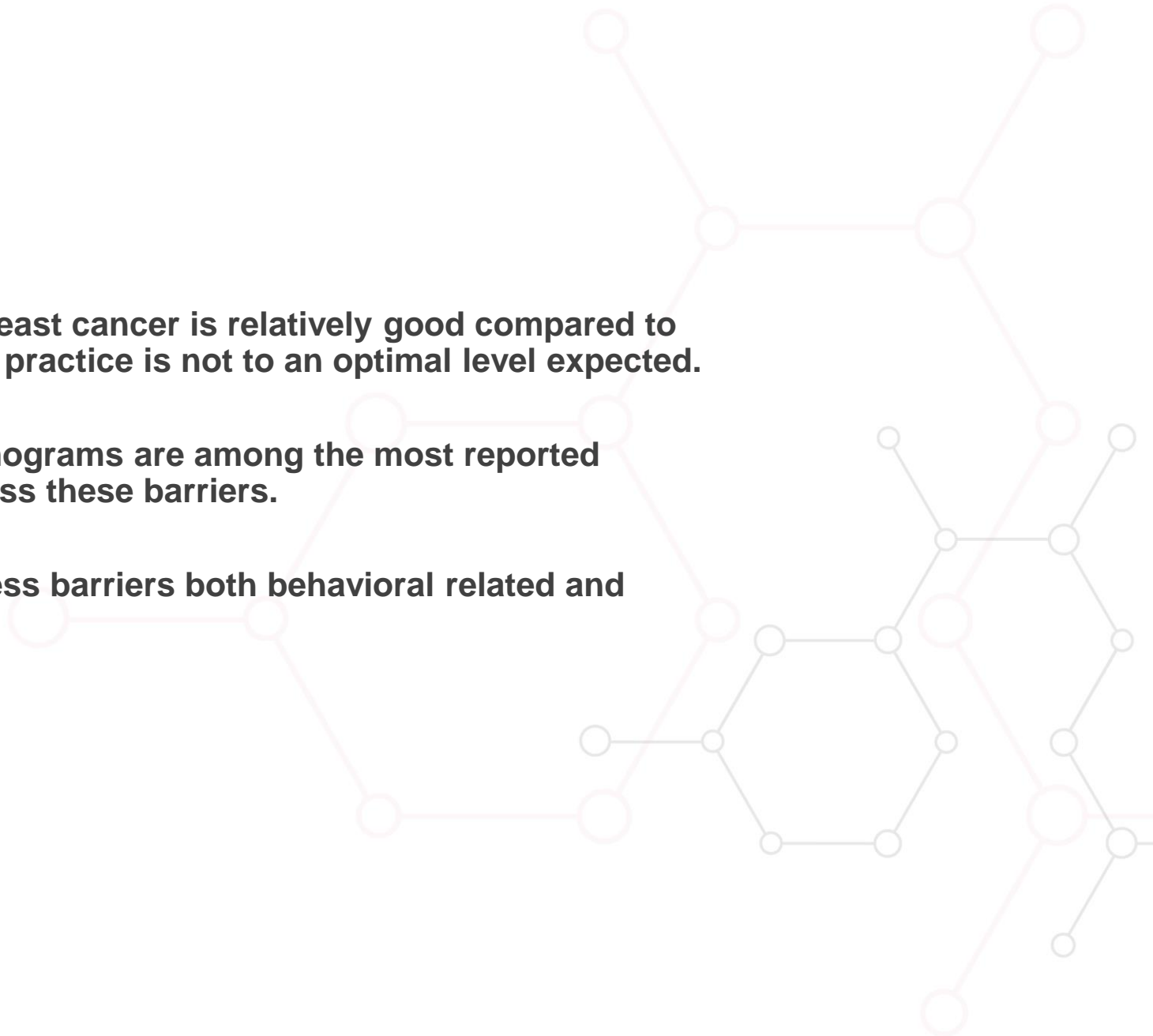
Variable	n	%
Early Detection Exam(n=2058)		
Yes	1,107	53.8
SBE (n=1107)		
Yes	559	50.5
CBE (n=1107)		
Yes	575	51.9
Mammogram (n=1107)		
Yes	159	14.4
Mammogram whom were 40 and above (n=417)		
Yes	96	23.02

Conclusion

Knowledge among Jordanian women about breast cancer is relatively good compared to previous similar studies (KAP 2015). However, practice is not to an optimal level expected.

Absence of symptoms, fear and cost of mammograms are among the most reported barriers; thus, action should be made to address these barriers.

Efforts should continue to be holistic, to address barriers both behavioral related and health system related barriers.



THANK YOU



King Hussein Cancer Foundation
King Hussein Cancer Center



**Jordan Breast
Cancer Program**

البرنامج الأردني لسرطان الثدي

A King Hussein Cancer Foundation and Center Program

