

POLITEKNIK KESEHATAN KEMENKES PALANGKA RAYA: HEALTH FORUM AND INTERNATIONAL SEMINAR
THE NEW NORMAL : Creating a Pleasant Virtual Communication

No One Should Face Breast Cancer Alone: Breast Cancer Self Examination and Support Group

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October is celebrated as a breast cancer awareness month to increase awareness, attention, and support for early detection and breast cancer treatment. Estimates of cancer incidence and mortality produced by the International Agency for Research on Cancer (IARC) breast cancer is the second leading cause of death the worldwide and it ranks first as cancer with the most cases in Indonesia (Figure 1).

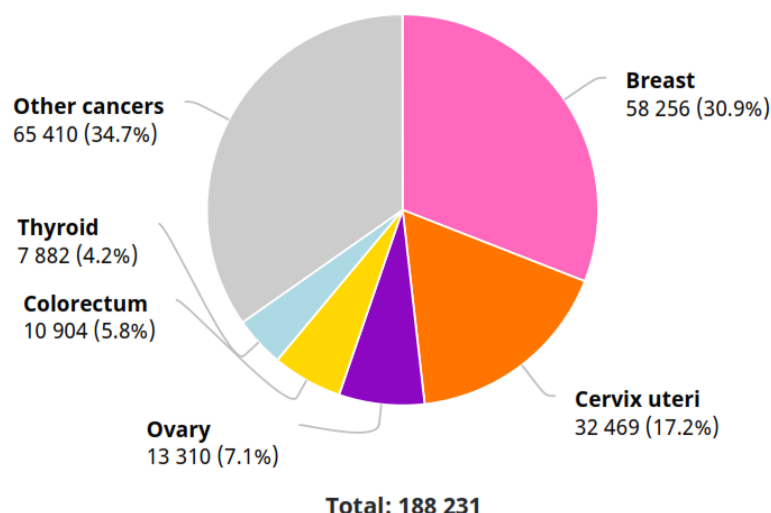


Figure 1 Number of Cancer New Cases

The incidence of breast cancer in Indonesia is estimated at 42.1 people per 100,000 population with an average death rate of 17 per 100,000 population (Figure 2). Breast cancer is still something that frightens most women, as a result, women are reluctant to do examinations and keep away from getting to know further about cancer so that many breast cancer cases are diagnosed at an already advanced stage (Rasjidi, 2013) Most of the

women are aware of breast cancer as a disease, but their in-depth knowledge of the cancer is lacking. Therefore, providing more information and health education is important to increase awareness of breast cancer detection (Liu et al., 2018) Efforts to empower women through disseminating information and understanding the need for early detection of breast cancer (Figures 2,3,4, and 5) need to be carried out continuously from various parties to encourage women to turn fear into awareness and care by detecting them. early cancer which is the best step so that the incidence of breast cancer can be detected at an earlier stage so that the morbidity and mortality due to breast cancer are reduced (Ayue, n.d.)



Figure 2 Breast Self-Examination Education with Leaflet In East Central Kalimantan



Figure 3 Breast Self-Examination Demonstration in Parahangan Village, Kahayan Tengah District, Pulang Pisau Regency, Central Kalimantan



Figure 4 Simulated Breast Self-Examination for A Women Group In Kereng Bangkirai Palangka Raya City



Figure 5 Pink Care Community Volunteers Explained Breast Self-Examination To Couples at Car Free Day Location Palangka Raya City

The use of intervention tools such as leaflets containing clear, precise information about breast cancer, signs, symptoms, risk factors, screening, and steps to carry out SaDaRi is important in efforts to reduce mortality from breast cancer (Ali AN, Foong JY, Ying CH, 2019; Rahman et al., 2019).

Another effort in dealing with breast cancer is the existence of a support group (Figures 8, 9, 10, and 11). The role of a support group in the form of psychoeducation is proven to be beneficial for breast cancer patients and their companions, which has an impact on psychology and society in adapting to the conditions they are experiencing, the recovery process which ultimately improves health (Cipolletta et al., 2019; Chou et al., 2015).



Figure 6 Breast Cancer Support Group “Pink Care Community”



Figure 7 Pink Care Community Volunteer Training



Figure 8 Pink Care Community Volunteers Have Distributed 1000 Leaflets Breast Self-Examination at The Car Free Day Bundaran Besar of Palangka Raya City



Figure 9 Visitation to Breast Cancer Warrior by Pink Care Community Volunteers

Anxiety and depression are the most common conditions experienced by women with breast cancer. Low emotional support and social networks are risk factors for more symptoms than some other psychological disorders (Puigpinós-Riera et al., 2018). Support groups are effective at reducing psychological stress and supporting the quality of life for women with breast cancer (Cipolletta et al., 2019).

Consent

The women (identifiable) photographed have given their consent for their pictures to be used in the publication of this research.

Conflict of Interest

None.

Acknowledgments

Pink Care Community Volunteers, warriors, and survivors of breast cancer of Central Kalimantan

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