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

Heti Ira Ayue*1,2, Erina Eka Hatini1,2

1Department of Midwifery, Poltekkes Kemenkes Palangka Raya, Indonesia
2Pink Care Community Central Kalimantan, Indonesia

*Corresponding author’s email: hetiiraayue@gmail.com
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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 worldwide and it ranks first as cancer with the most cases in Indonesia (Figure 1).
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
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.

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

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