

# “A Study to Assess the Knowledge Regarding Male Breast Cancer Among Adults in Selected Areas of Pune City”

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## Abstract

Male breast cancer is a rare but significant medical condition which is getting increased. This condition is seeking attention in recent years due to its challenges and complication. The lack of knowledge and awareness of male breast cancer leads to its detection at late stage in men. As the incidence rate is very low, people are not aware regarding the condition.

**Title:** “To assess the knowledge regarding Male breast cancer among selected areas of Pune city.”

**Objectives:** To assess the knowledge regarding male breast cancer among adults in selected areas. To associate the findings regarding selected demographic variables.

**Material and method:** The present study is a non- experimental descriptive research study. The sample size is 200. The samples were chosen by using non – probability, purposive sampling technique. Data was collected by using demographic data and self-structured questionnaire. Data analysis was done by using descriptive statistics.

**Results:** The findings revealed that 63% of the adults were having average knowledge regarding Male breast cancer, 31 % of the adults were having poor knowledge and 6% of the adults were having good knowledge regarding Male breast cancer, with a mean value of 8.975 and Standard deviation of 3.14. There is no significant association with the demographic variables and the knowledge assessment.

**Conclusion:** The study helps to understand the knowledge of the adults regarding male breast cancer. It also helps the individuals to gain the knowledge and awareness regarding the topic.

**Key words:** Assess, knowledge, Male breast cancer, Adults

## Introduction

The most prevalent breast problem in men is gynecomastia, or male breast cancer. Older men may develop gynecomastia, which often manifests as a firm, sensitive lump beneath the areola. Gynecomastia in these patients may be diffuse and associated with the administration of specific drugs (e.g., ranitidine [Zantac] and digitalis). Male breast cancer typically strikes between the ages of 60 and 70. It may also be linked to specific illnesses, such as testicular feminizing tumors, testicular infections, and liver disorders caused upon by things like alcoholism or parasite infections. Men who are unable to bear the intense discomfort linked to this ailment are typically the ones who receive treatment for their enlarged breast tissue, depending on their preference. When cancer is suspected, mammography and ultrasound are used. The best course of treatment is surgical tissue excision through a tiny areolar incision.<sup>[1]</sup>

Cancer of male breast is a rare but significant medical condition which is getting increased. This condition is seeking attention in recent years due to its challenges and complication. Although only one percent of cases of it is male, over the next couple of decades, the rate of occurrence is expected to gradually rise. It frequently becomes apparent at a later stage in life due to a lack of understanding and awareness about the condition. As the incidence rate is very low, people are not aware regarding the condition. This study will help the men to acquire knowledge

about this condition. By understanding the actual causes, we can determine the individual's personal chance of getting this. Finding those that are at danger for it was the intent of this investigation. by highlighting the genetic, environmental, and lifestyle factors that contribute to the disease in men <sup>[2]</sup>

### Need of the Study

Only 19% of people in urban areas are aware of male breast cancer, according to earlier surveys. Therefore, there is a need to raise men's knowledge even more in order to lessen the stigma attached to presenting with breast-related problems. In addition, the importance of early detection and Tailor-made "gender oriented" treatment for male breast cancer should be emphasized. We will be able to evaluate adult participants' knowledge on male breast cancer at the conclusion of the trial. It is important to raise awareness about this issue since, despite being less prevalent in men, it still poses a serious risk to health. Raising awareness can help to promote early identification, timely medical intervention, and improved results for individuals impacted. It's critical that males are aware of the warning signs and symptoms, comprehend their risk aspects, and seek medical attention if they detect any changes in the tissue surrounding their breasts. By raising knowledge about breast cancer in men. We can eliminate the stigma associated with this illness and make sure that men feel comfortable talking about their breast health issues. Because early detection increases the likelihood of effective therapy and allows for prompt intervention, it is essential for improving treatment results. Additionally, spreading knowledge contributes to educating the public about the reality that anyone can be affected by breast cancer. This information primarily fosters compassion, understanding, and support for individuals impacted by male breast cancer.

The primary goal of the study is to identify the exact environmental, lifestyle, and genetic variables that contribute to breast cancer in males. By doing so, we will be able to identify those who are affected or at risk and determine what may be done to reduce their risk of developing the disease. Male breast cancer is plaguing persons who are unable to recognize its symptoms<sup>[6]</sup>

### Aim of the Study

The main aim of the study was to assess the knowledge regarding Male Breast cancer among adults.

### Methodology

In the research study it was used Quantitative research approach method with non- experimental design as the research design. Sample of the study was the adults of 18- 59 years of age and the sample size was 200. The sampling technique used was non – probability purposive sampling technique. Reliability was done by taking 20 samples from the particular area by following all the criteria and result obtained was 0.94 so the tool is highly reliable and the r value obtained was 0.9. pilot study. Pilot study was done with 20 samples and it was successful and feasible to conduct the main study. Final data collection was done with 200 samples from the adult group and the data was collected by using self- structured questionnaire.

### Result

#### Section I: Demographic Data

**Table no 1: Indicating the Frequency and percentage distribution of demographic characteristics.**

Demographic data	Frequency	Percentage
Age		
18 -25 Years	81	40.5%
26 – 32 Years	65	32.5%
33 – 40 Years	43	21.5%
41 – 59 Years	11	5.5%
Gender		

Male	151	75.5%
Female	49	24.5%
Marital status		
Married	112	56%
Un-married	88	44%
Educational Qualification		
Primary	63	31.5%
Secondary	60	30%
Graduated	56	28%
Post- Graduated	21	10.5%
Socio- economic status		
Upper	42	21%
Middle	124	62%
Lower	34	17%

Table no 1 Age shows that 40.5% of adults are of 18 – 25 Years , 32.5% from 26 – 32 Years, 21.5% is from 33 - 40 Years and 5.5 % is from 41 – 59 Years. Gender shows that 75.5% of the adults were Male and 24.5% was Females from the group. Marital status shows 56% adults were married and 44% adults were un-married from the samples. Educational Qualification shows that 31.5% of the adults are primarily educated, 30% are secondarily educated, 28% are graduated, and 10.5% are post-graduated adults. In socio- economic status 21% of the adults belongs to upper socio-economic status, 62% are to middle socio- economic status, and 17% are from lower socio-economic status.

## SECTION II: Knowledge assessment regarding Male breast cancer among adults.

To identify the knowledge regarding male breast cancer among adults.

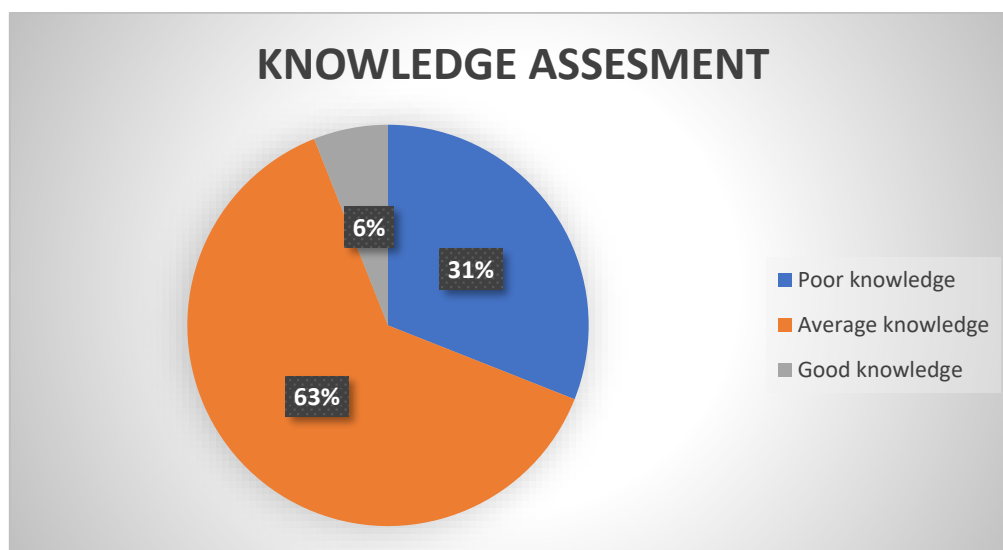
**Table 2: Knowledge assessment regarding male breast cancer among adults**

**n = 200**

ASSESEMENT	FREQUENCY	PERCENTAGE	MEAN	S. D
POOR KNOWLEDGE (0-7)	62	31%	8.975	3.14
AVERAGE KNOWLEDGE (8 -13)	126	63%		
GOOD KNOWLEDGE (14 – 20)	12	6%		

Table No. 2 shows that, 31% of the adults were having Poor knowledge regarding Male breast cancer .63% of the adults were having Average knowledge regarding Male breast cancer. 6% of the adults were having good

knowledge regarding Male breast cancer. The mean of the data was obtained was 8.975 and the Standard Deviation of the data is 3.14.



**Fig no.1** The pie diagram shows the percentage of knowledge assessment of adults regarding Male Breast Cancer.

#### Association of demographic variables

Findings related to the association of demographic variables with knowledge assessment on MBC among adults is; It depicts the association which was carried out it was found that none of the demographic variables Age, Gender, Marital status, educational qualification, and Socio- economic status were not significantly associated with knowledge regarding MBC as p value was more than 0.005 level of significance

#### Discussion

The present study was conducted by using Quantitative research approach method to assess the knowledge regarding Male Breast cancer among adults in selected areas of Pune city.

Similarly, research was conducted in which the result was majority of the adults were not having knowledge regarding MBC but most of them were at the risk of this diseases condition due to their family history. But some of the adults were having lump in the breast. The overall study had provided a insight into Males awareness and knowledge of MBC

Breast cancer can strike men as well, despite the general perception that it primarily affects women. This is due to the fact that men do, albeit in much smaller amounts, have breast tissue that has the potential to develop cancer, just like it does in women, albeit considerably less frequently. Even though male breast cancer (MBC) accounts for under 1% of all cases of breast cancer, it is nevertheless a possibility that should be understood. There are roughly 2,800 incidences of male breast cancer in the United States per year. Unfortunately, males who get breast cancer generally die from the disease and receive a late diagnosis. The findings of the current study discussed regards with objectives. Majority of the samples 40.5% are from 18 – 25 years of age. Majority of the samples 75.5.% are from Male adults. Majority of the samples 56% are married adults. Majority of the samples 52.5% are primary educated adults. Majority of the samples 62% are from middle socio-economic status.

In the knowledge assessment it resulted 31% of the adults were having Poor knowledge regarding Male breast cancer .63% of the adults were having Average knowledge regarding Male breast cancer. 6% of the adults were having good knowledge regarding Male breast cancer. The data depicts the association which was carried out it was found that none of the demographic variables Age, Gender, Marital status, Educational Qualification and Socio- economic status were not significantly associated with knowledge regarding Male breast cancer as p value was more than 0.005 level of significance.

## Conclusion

The current study aimed to evaluate the awareness levels concerning male breast cancer among adults residing in specific areas of Pune city. The findings of the study revealed that there was no noteworthy correlation observed between the participants' demographic characteristics—including age, gender, marital status, educational qualifications, and socio-economic status—and their knowledge regarding male breast cancer.

The study was conducted to address the existing gap in understanding about male breast cancer awareness in the community. Despite assessing a range of demographic variables, the study did not identify any significant relationship between these factors and the level of knowledge regarding male breast cancer. This outcome suggests that awareness and knowledge of male breast cancer may be uniformly low across different demographic groups within the study area.

These findings underscore the importance of targeted educational campaigns and outreach efforts to enhance awareness and knowledge about male breast cancer, particularly among populations with limited understanding or access to information on this topic. Further research and interventions are warranted to improve awareness and ultimately contribute to early detection and better outcomes for individuals affected by male breast cancer in these communities.

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