



## WOMEN'S BREAST CANCER CONSCIOUSNESS AND SPORT - EXAMPLE OF BURDUR, TURKEY

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### **Abstract:**

With the study, titled "Women's Breast Cancer Consciousness and Sport Burdur Example" aimed at the awareness and practice of breast cancer in women at Burdur city center. In our study; descriptive screening and structured interview technique were applied. At the end of the research; Regardless of the education level of women, it is determined that awareness of breast cancer is high with the information and guidance received from both health institutions and the media and the people who have previously faced breast cancer, and it is determined that early diagnosis can save life and can beat breast cancer with the least damage. However, this training should be provided by Family Education Centers and Provincial Health Directorates to all women who are aware of the necessity of regular and good eating habits. When we compare the results of our study with other related researches, it was determined that early diagnosis in breast cancer saved lives.

**Keywords:** breast cancer, woman, sport, Burdur

### **1. Introduction**

In this study, the issue of breast cancer, an important problem for women, will be discussed. The consciousness and practical knowledge of women about breast cancer will be discussed. In our society, especially in recent years, the most common cause of death, written and reported, is cancer. Breast cancer phenomenon is increasing in women. In our country, studies on cancer are few. Because of these reasons, women who have breast cancer are treated in this study according to early diagnosis, treatment and education.

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Today, researches on cancer research, causes of cancer and treatment methods are known. However, it has been observed that studies on breast cancer in our country are limited. This study was considered as an important study since it will provide a source for the related literature. In addition, it is important to investigate the research findings starting from the women living in our province and to the other researchers who will work in this field.

The aim of this study is; to raise awareness and awareness of women about breast cancer. This study was limited to 16 women in the center of Burdur province. This research is limited to the research findings that emerged as a result of the statistical analysis of the data obtained from the data collection tools. In order to sustain the life of the individual in a balanced manner, the society he lives in must be equipped with constructive behavior patterns. The vehicle that will provide this is education. Education is known to be a process of deliberately inducing change in individuals' behavior through their own lives. Education is the process of changing behavior with the simplest definition. The realization of this process depends solely on the learning of the individual by doing, living and practicing. In addition to these, short and long term planning is needed to prevent undesired developments in the behavior of the individual and to reveal the desired behavior. To re-define the definition of education, the authorities agree that there is a process of creating desirable changes in the individual's behavior through his own life. The common direction that arises from these definitions is that the training is a behavior change, a behavior-oriented and planned activities. Education does not consist of the experiences and experiences of the schools in certain days and times. Today, the development of personality is formed by brain, heart and creativity, regardless of gender. Women's biology, psychology, mental status affects the health and relationships of the body. The mental state of the woman is connected with the environmental, developmental, sociocultural and social values affecting the hormonal and physiological status on the one hand and the woman on the other. The mental health of women is a complete psychological, social, cultural, economic and aesthetic perspective. Women's and mental health is a unique area where psychological and sociological changes are intertwined, directly interact and interact. In addition to the roles, roles, and responsibilities of women, wives and mothers, it requires an understanding of the value of personality before the personification of femininity as an individual. It is important for women to be healthy as a person and as an individual, as a mother, as a working woman, for her own personal health, family harmony and happiness, for the healthy development of children and for the development of social healthy relations (Özkan, 2012).

It is possible to approach the issue of women from two main points, one in terms of historical development and one in modern life in terms of socio-cultural position: In this context, we can say that women's hegemony is gaining weight in the most general sense of the history of women in the sense of a kind of "non-identity" in the modern materialist conception of modern life in terms of position, in the face of a kind of "complexity" or "identity crisis" faced with a say that (Bahadır, 2005).

In the past, we saw that women had little participation in sporting competitions. Recently, however, the number of women in competitions has increased, as well as the results they get better and even better than men in some sports. Parallel to this, physiological, endocrinological and psychological studies related to sports and women have also increased in recent years and many issues have been clarified. It has been found that there are no physiological reasons in which women's inability to participate in the competitions or their participation in the competitions is mostly due to traditional factors and social pressures. That is why the number of girls participating in competitions in the United States from 1976 to 1980 increased by 26.6%. In Belgium, 1980 was the year of women's sports. The European Council addressed the issue and made recommendations in all member countries to take all necessary measures for women to do more sports. There are morphological, physiological and even some performance differences between men and women (Akgün, 1986). In the word, cancer is called a malignant disease that occurs when an organ or tissue cells are irregularly divided and multiplied. Generally speaking, cancer is a group of more than 100 diseases that occur in uncontrolled proliferation of cells in various parts of our body. Although it is a wide variety of cancers, they all begin with uncontrolled proliferation of abnormal cells. If it is diagnosed and not treated, it can cause serious discomfort and even death. The term cancer is formed by the Greek physicist Hippocrates (BC 460-370), known as the father of medicine.

In order to analyze the transition from one age to another, the most important factors determining the age at which it will be used are the inherited characteristics from the mother and father, but it can be effective in terms of place, nutrition characteristics and various habits (smoking, active sports, etc.) (Kocatepe, 2012). The cause of cancer is not yet known. (Irmak, O., 2005)

Cancer cells accumulate to form tumors. Tumors may be benign or malignant. Benign tumors do not show cancer characteristics. Benign tumors are frequently taken and often do not recur. Cells in benign tumors do not spread to other parts of the body. Most importantly, benign tumors are rarely life-threatening. Malignant tumors form cancer. Cells in malignant tumors are abnormal, uncontrolled and irregular. These tumors can compress, destroy, or destroy normal tissues. If cancer cells leave the tumor from which they are formed, they can move to other parts of the body through the blood or lymph circulation. Where they go, they form tumor colonies and continue to grow. The spread of cancer to other parts of the body in this way is called Metastasis (R.T. Ministry of Health Turkey Public Health Association, 2013). You can repeat the exercises at least twice a day and if the pain occurs you can break. (Gökgöz, Ş., 2014)

Sports good for breast cancer: A US study found that physical activity was helpful in the recovery of people diagnosed with breast cancer, but many women were not active enough. American scientists state that it is beneficial to lead an active life, but only one third of breast cancer patients are active at the recommended level. In the study, 1735 women aged between 20-74 years in North Carolina with breast cancer between 2008 and 2011 should be examined before and after cancer diagnosis. While 150 minutes of medium-intensity or 75-minute intensive physical activity was

recommended per week, only 35 percent of women diagnosed with breast cancer were active at this level. Caroline Dalton of the Breast Cancer Initiative in the UK stated that physical activity increases the patient's survival chances after breast cancer diagnosis and reduces the risk of cancer after treatment (Journal of Cancer, June 9, 2014). Radiotherapy can be used to eliminate cancer cells in the breast wall or underarm area after surgery, and may be less frequently applied for reduction of the tumor prior to surgery. Özatlğan A. (2015) Medical oncology is a separate specialty. Tumor therapy is a team job and should be applied in all the members of this team. (Koçer, H., 2015)

## 2. Method

In a study on breast cancer awareness and practice, interviews are very important. The method followed in this study is explained below.

Breast Cancer Awareness, Practice, Burdur Case of Women According to Education Levels. Descriptive screening and structured interview technique were applied. The data obtained from Burdur KETEM center in 2014, for examination purposes, by the doctor or at home with the suspicion of a manual examination at home, 759 people underwent mammography shots, in 2015 for the same reasons 144 people applied for mammography shooting. In this process, 16 women who accepted the interview and 20 questions were prepared by using face to face interview technique. Interview technique was applied by making an appointment in advance. The data obtained from the interviews were written. The universe of this study is the women of our country who have breast cancer risk. The universe of the study was also taken as a sample. The sample was determined as the people who were living in Burdur and who were receiving cancer treatment in KETEM records.

In the study; magazines, books and internet search engines were used to search for breast cancer and sports using keywords. Then, 16 women and appointment method was applied. The data obtained in this context have been transferred to writing and tabulated. In the analysis of the data, frequency and percentage tables and the information obtained during the interview were recorded and interpreted.

## 3. Findings

The findings of this study are presented below with tables and explanations.

**Table 1:** Age Status of Participants

Age	n	%
30-39	5	31,3
40-49	5	31,3
50-59	5	31,3
60+	1	6,1
Total	16	100

As shown in Table 1, when the age distribution of the participants were examined, 5 people 31.3% in the 30-39 age range, 40-49 age group 5 people 31.3% 50-59 age range 31.3% 5 people and 60 people above the age of 6.1% participated in the study.

**Table 2:** Body Mass Index Status of Participants

Body Index	n	%
Weak	3	18,8
Normal	10	62,4
Fat	3	18,8
Total	16	100

As seen in Table 2, when the body mass index of the participants were examined, the maximum 10 people were 62.4% of the patients, while 3 people were 18%, 3 and 3 were 18.8%.

**Table 3:** Alcohol Drinking Status of Participants

Alcohol use	n	%
I've never drunk	6	37,5
I've tried	4	25,0
I used to drink in the past	1	6,3
Occasionally	5	31,2
Total	16	100

When the alcohol use status of the participants in the study is examined in Table 3, it is 37.5% by saying that 6 people do not drink at all; 4 people have seen the option with 25% of the 1 person in the past with the option I've seen 6.3%.

**Table 4:** Education Status of Participants

Education	n	%
Primary School	2	12,5
Middle School	2	12,5
High school	3	18,8
License	9	56,2
Total	16	100

As can be seen in Table 4, when the educational status of the participants was examined, the maximum number of people who were 9 was 56.2% while 3 of them were high school graduates with 18.8%. While 2 people are 12.5% in the middle school, 2 people are seen in primary school with a rate of 15.5%.

**Table 5:** 2.Regional Relative Breast Cancer Story Status of Participants

Relative cancer	n	%
Available	4	25,0
No	12	75,0
Total	16	100

As can be seen in Table 5, when the status of the second-grade relatives of the participants is 2.75% of the patients with no history of breast cancer, 4 people with a history of breast cancer have a history of 25%.

**Table 6:** The Relative Breast Cancer Status of Participants

Distant Relative	n	%
Available	3	18,8
No	13	81,2
Total	16	100

As seen in Table 6, when the status of the patients in the distant relative breast cancer is examined, it is found that there are no more than 13 people with a distant relative breast cancer history, while 81.2% of the patients have a history of breast cancer with a distant relative breast cancer of 18.8%.

**Table 7:** Participants of the Study with Breast Cancer Friends Status

Cancer Friends	n	%
Available	11	68,8
No	5	31,2
Total	16	100

As seen in Table 7, when breast cancer patients were examined, it was found that 11.8% of the patients had breast cancer and 68.8% of them had no breast cancer and 31.2% had no breast cancer.

**Table 8:** Participants of the Study with Breast Cancer Age of Diagnosis Status

Age of Diagnosis	n	%
26-30	6	37,5
31-35	1	6,2
<b>36-40</b>	4	25,0
41-45	3	18,8
50 and above	2	12,5
Total	16	100

As shown in Table 8, at most 11 people were between 26 and 30 years of age, 37.5%, 4 people between 36-40 years old, 25%, 3 persons between 41-45 years of age, 18.8%, 2 people aged 50 and over While 12.5%, 1 person has a rate of 6.2% in the 31-35 age group.

**Table 9:** Breast Cancer Detection Method in the Participants

Cancer Method	n	%
I noticed myself	13	81,1
Doctor Found During Examination	1	6,3
Detected in ultrasound	1	6,3
Other	1	6,3
Total	16	100

As can be seen in Table 9, when the status of breast cancer was determined, a maximum of 13 people found myself with 81.1%, 1 person found a medical examination, 6.3% of them had a 6.3% rate of ultrasound and 6.3% with 1 person.

**Table 10: Which Breast Cancer Type Status in Participants**

Cancer Type	n	%
İnfiltratif Duktal Karsinom	5	31,1
Duktal Karsinoma İnsitu	4	25,0
İnfiltratif Lobuler Karsinom	1	6,3
Other Type Breast Cancer	3	18,8
I do not know	3	18,8
Total	16	100

As shown in Table 10, the number of breast cancer patients who were examined in the study examined the maximum 5 people of infiltrating ductal carcinoma 31.1%, while 4 people do. ductal carcinoma insulin 25.0%, 3 people other type breast cancer 18.8% percent, 3 people don't know 18,8% and infiltrative lobular carcinoma in 1 person is 6.3%.

**Table 11: The Status of Breast Cancer in the Research Participants in the Detection State**

Cancer In Which Phase Of Cancer	n	%
The size of the mass in the first stage breast is smaller than 2.54 cm and there is no leaping of the underarm lymph glands.	3	18,8
The Mass in the Second Stage Mammary Is Smaller Than 2.54 cm and Leap to Underarm Lymph Glands	9	56,3
Third-stage cancer jumped into breast tissue or chest wall or internal mammarian lymph nodes	3	18,8
Mass in the third stage breast Is greater than 5.08 cm and leap to the armpit	1	6,1
Total	16	100

As shown in Table 11, breast cancer in the participants of the study the status of detection in which phase up to 9 people in the second phase 56.3%, 3 people in the first phase 18.8%, 3 people in the 3rd stage 18.8%, and 1 the third phase is 6.1%.

**Table 12: Which Treatment Method Was Applied to the Participants?**

Which Treatment Method Was Applied	n	%
Removal of the breast (mastectomy)	13	81,1
Taking a part of the Breast (lumpectomy)	1	6,3
Chemotherapy	1	6,3
Other	1	6,3
Total	16	100

As it is seen in Table 12, the participants in the study which treatment method was applied when the condition was examined, the total number of people who received the breast was 81.1%, while 1 person had a breast removal rate of 6.3%, 1 person had a chemotherapy rate of 6.3%. 1 person is 6.3% with other option.

**Table 13: Who Supported To Decide on the Way of Treatment Status?**

Who was support for deciding the way to treatment	n	%
Your Doctor	14	87,5
Your Family	2	12,5
Total	16	100

As it can be seen from Table 13, when the status of the treatment attendants supported to decide on the Status of the most 14 people Doctor option is 87.5% while 2 people with the option of your family is 12.5%.

**Table 14: Source of Resources for Getting Breast Cancer Information for the Participants in the Study**

Information Resource	n	%
Doctor	16	100,0

As it is seen in Table 14, when the status of the breast cancer information for the participants of the research is examined, it is seen that the total number of 16 people is 100%.

**Table 15: Sports History of the Participants**

Sports History	n	%
In Primary School	2	12,5
In Middle School	1	6,3
In High School	2	12,5
I'm Still Doing	10	62,4
I Never Do Sports	1	6,3
Total	16	100

As seen in Table 15, the sports history of the participants in the study of 10 people were still doing sports, while 62.4%, 2 people in the elementary school during the period of 12.5%, 2 people, 12.5% in the period of high school sports, 1 while the person who made sports in the middle school period was 6,3%, 1 person was 6,3% with the option of not having any sports in his / her life.

**Table 16: Participants in the Study Period of Sports Making Status**

Treatment Term Sports	n	%
Yes	8	50,0
No	8	50,0
Total	16	100

As it is seen in Table 16, 8 people were 50% of the respondents in the study period when they were examined. 8 people have 50% with no response.



**Table 17:** The Status of the Doctor in the Treatment Period in the Treatment Period

Doctor Routing	n	%
Yes	11	68,8
No	5	31,3
Total	16	100

As seen in Table 17, when the physicians' referral status to sports during the treatment periods of the participants were examined, the maximum number of people who were directed to sports was 68.8% while the other 5% were physicians with 31.3%.

#### 4. Result

As a result of the research conducted on Breast Cancer Awareness and Sport Burdur Case of Women in Burdur province in 2014 for the purpose of inspection, the examination result by the doctor or at home by the suspicion of 579 people with the result of manual examination mammography shoot, in 2015 for the same reasons 144 people have applied for mammography shooting.

Genetic factors are very important in breast cancer causes. Other reasons include increased age at 50 years and older, and being exposed to estrogen hormone for a long time due to early menstruation. But the most recent and known reasons are irregular nutrition, alcohol and smoking, and immobility. Sports is the most important defense and protection method of individuals. As a result of the researches, it has been determined that the physical therapy movements and sports have a regressive effect on the duration and duration of the treatment by avoiding the movements that will cause compelling and greater damage in the elimination of the effects of breast cancer and eliminating the permanent irregularities caused by surgery and treatment.

One-to-one face-to-face interviews and questionnaires were conducted with 16 women with different breast cancer. Thirteen of the 16 women who underwent the study were completely taken out of the breast after mastectomy operation, 2 were removed by a lumpectomy operation, and the breast integrity was not impaired.

The breast, which is a complementary organ as a feature of women, is important for women both visually and as a responsibility of motherhood. Before and after a mastectomy operation, the situation of women becomes inevitable. As a result of the one-to-one interviews, the number of women who immediately accepted this situation was determined as 10 people in 16 women who met breast cancer.

The number of people with the most severe psychological distress was determined as 2 women. The other 4 women survived with fewer problems. The first woman, who experienced severe troubles, was introduced to breast cancer when she was pregnant with her first baby, she was told that her baby would be greatly harmed during the treatment process and her pregnancy was terminated after she had asked the doctor and then she could have a baby. She stated that this situation exacerbated him more than cancer. One year after the end of the treatment, she became pregnant and had two children.

The woman with breast cancer, the marriage of her mother at a time when her breasts have met with the introduction of a brown stream. Brown discharge is an indication of breast cancer progression. This means a more severe treatment process. With the advice of her doctor, her ovaries were placed in place once a year after the complete cessation of cancer, with the ovaries removed, to prevent damage to the ovaries.

Women receiving breasts; they stated that they felt visually incomplete. They have the idea that those who are married or who will be married will get away from them by their wives. With the idea of depriving babies from breastfeeding and taking their lymph as their own, and having the baby, they started the treatment process with the idea that they would live under the constraints of their lives. Family and medical psychological support during the treatment of psychological chaos experienced by the beat was determined. Interviews are a good example. Very beautiful and long hair and chemotherapy drugs began to shed her hair due to drugs and noticed this situation for the purpose of support, first carved his own hair, and then his wife scratched the hair and created awareness of support in the support.

The difficult treatment process has been determined by these interviews thanks to these supports. Regardless of the level of education, both health institutions and the media and previously received information from the people who face breast cancer, the level of awareness about breast cancer is high, early diagnosis can save lives and with the least damage to the breast cancer has been found to be aware of the high awareness. When the educational status of the participants was examined, it was found that 56.3% of the graduates had the highest level of education. While 2 people are 12.5% in the middle school, 2 people are seen in primary school with a rate of 15.5%. In the interviews and researches, it has been determined that the place of sports is important because of the advice of the physician during the treatment of breast cancer as well as being a part of their lives. As seen in Table 18, when the physicians refer to the sport referral status during the treatment periods of the participants, the maximum number of people who were directed to sports was 68.8% while the other 5% of my physicians were 31.3%.

Sports both as a necessity of treatment and mobility of the limbs as well as for the sake of spiritual relaxation is seen not provided with very heavy movements. As it is seen in Table 19, when the participants were able to evaluate the sportive characteristics of the participants, all participants were 100% participating in the gathering feature of the sport by marking yes.

Women who have accepted the sport as a philosophy of life have been identified to prove that they feel better in their physical and mental aspects because of the sport they have met only in the treatment process. An interviewed physical education teacher stated that breast cancer was self-esteem thanks to the self-confidence of sports and Balkan was the third in an organization carried out at the Balkans level by taking part in the athletics veterans' team.

When we compare the results of the study with other related researches, it was determined that early diagnosis in breast cancer saved lives. Breast cancer knowledge level was similar to that of Bahçeşehir where women who met breast cancer were at a higher level than women who had not met.

However, this training should be provided by Family Education Centers and Provincial Health Directorates to all women who are aware of the necessity of regular and good eating habits.

It will contribute to the formation of consciousness as a public spot with the programs that will be placed among the advertisement films, billboard posters and television series that will be created by cigarette and alcohol use in women. The importance of early breast examination, the importance of early diagnosis and support should be taught to every woman before marriage.

Women should be invited to sports with the help of encouraging banners in sports areas where the sport is important for cancer, especially for breast cancer. Family physicians should make routine brochures and brochures about breast cancer awareness after routine examination.

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