

# Abstract

Prevention of breast cancer using the form of mammographic screening is one of the most important factors involved in early diagnosis and reduction of mortality with this type of cancer, which is the most frequently occurring cancer in women in the Czech Republic.

The aim of the study was to investigate the previous use of screening and preventative measures by women who subsequently were diagnosed by breast cancer. The survey was conducted through a voluntary, anonymous questionnaire survey of 166 randomly selected patients attending an outpatient clinic for patients with breast CA.

Main hypotheses of bachelor thesis:

1) More than 50% of the women tested were informed of the recommendation to regularly take part in screening examinations carried out as a part of the breast cancer screening (mammography examination).

2) More than 50% of the females tested regularly (repeatedly) participated in screening examination carried out as a part of the breast cancer screening (mammography examination).

3) More than 50% of the females tested underwent breast examination outside of the breast screening (sonography).

4) More than 50% of the tested females from the group regularly performed self-examination of the breasts (palpation examination).

The established hypotheses were not met. However, the result is the finding that the source of information for patients was mainly doctors or insurance companies, and that the media was only marginally involved in informing women. Regular screening was performed by only one fifth of the patients. A third of the patients underwent screening beyond the screening mammography examination, and one fifth of the patients performed regular breast self-examination.

This is calling for an active involvement of nurses in primary care of the prevention of breast cancer. To do so, they need to update their education in this area and to be motivated towards active participation. Another consideration to evaluate is a reassessment of current guidelines by experts, especially in regards to the age of initiation of screening examinations.

Key words: breast cancer, prevention, mammographic screening, breast self-examination, awareness