

ABSTRACT

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DEVELOPMENT OF BOOKLETS AS INFORMATION SERVICES MEDIA ABOUT CHECKING YOUR OWN BREAST (SADARI)

ABSTRACT

Background: BSE is one of the early detection steps for breast cancer which will be more effective if done as early as possible when women reach reproductive age. BSE is considered the easiest, safe, simple way. With breast examination itself, it is not impossible that more early-stage breast cancers will be detected. Breast self-examination is very important because about 75-85% of breast cancer malignancies are found during breast self-examination. If the process of early detection of cancer is not carried out, then you will not know how the breast normally looks and you will not be able to feel something (lump or mass) so you will not be ready if you find changes one day. **Purpose:** to provide information about breast cancer prevention by doing BSE. **Method:** Using the output of the booklet entitled "Early Detection of Breast Cancer with BSE". **Conclusion:** The Breast Cancer Early Detection Booklet with BSE (Check Your Own Breast) is a booklet which contains material on the meaning of breast cancer, the causes of breast cancer, prevention of breast cancer, understanding of awareness, the goal of awareness, time to realize, the benefits of awareness, indications of awareness, how to do a booklet containing important information, a booklet whose content is clear, firm, easy to understand, and it will be more interesting if the booklet is accompanied by pictures. Its small shape makes the booklet easy to carry everywhere.

Keywords: Breast Cancer, SADARI, Booklet