

**THE IMPORTANCE OF BREAST SELF EXAMINATION
(BE AWARE) FOR WOMEN OF FERTILIZING AGE
WITH POCKET BOOK MEDIA**

Samsini, Rita Riyanti Kusumadewi, S.ST., Bd., M.Kes
samsinibidan@gmail.com
Faculty of Health Sciences, 'Aisyiyah University, Surakarta

SUMMARY

Background: Breast cancer is the main cause of death among women. Breasts play an important role, especially in women of childbearing age, because at this time they are women whose reproductive condition is still functioning well, namely aged 15-49 years. Cancer can actually be prevented, treated and cured if the signs and symptoms of cancer are recognized early through breast self-examination (BSE). **Objective:** Increase knowledge of women of childbearing age about breast cancer so that they can live a healthy life by being willing to carry out breast self-examination (BSE). **Method:** The method used in Communication, Information and Education is a pocket book using the Canva application to modify the layout and image output in the form of a breast self-examination pocket book to provide breast cancer education and breast self-examination (BSE). **Results:** Output in the form of a pocket book about information about breast cancer and breast self-examination (BSE) accompanied by supporting images so that it is interesting, short, clear, easy to learn and reminds you of. **Conclusion:** Pocket book media can provide benefits and knowledge to women of childbearing age thereby increasing awareness and willingness to carry out breast self-examination (BSE).

Keywords: Women of Childbearing Age, BSE, Pocket Book