

***EDUCATION ON BREAST SELF EXAMINATION (BREAST SELF-EXAMINATION) AS EARLY DETECTION OF BREAST CANCER IN ADOLESCENT WOMEN THROUGH POCKET BOOK MEDIA***

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***SUMMARY***

***Background*** ; Breast cancer is also a major cause of morbidity and mortality among women, currently the incidence of breast cancer has a tendency to be experienced by women aged 15-20 years. Efforts to detect early stage breast cancer and improve the survival of cancer patients can be done by breast cancer screening or breast self-examination (SADARI). Health education is one of the efforts that can be done so that adolescents do SADARI. ***The objectives of the research*** ; To increase knowledge about breast cancer to achieve a healthy and prosperous life by carrying out breast self – examination (BSE). ***Method*** ; Utilizing the Canva application to modify the creation of layouts and images on the output in the form of a breast self-examination pocket book to provide breast cancer education and breast self-examination. ***Result*** ; Respondents assessed that the resulting pocket book was very informative and interesting, containing information about breast cancer and breast self-examination accompanied by supporting images in accordance with the target readership, namely young women. ***Conclusion***; The pocket book media can provide benefits and knowledge to young women thereby increasing awareness about carrying out breast self-examination (BSE).

***Keywords; Breast Cancer, BSE, Pocket Book***