

EDUCATION ON EARLY DETECTION OF MAMMALIAN FIBROADENOMA IN ADOLESCENTS WITH THE METHOD OF AWARENESS THROUGH BOOKLET MEDIA

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SUMMARY

Background: Humans have a pair of breast glands that weigh approximately 200 grams, during pregnancy 600 grams and when breastfeeding 800 grams. There are 2 lumps that arise in the breast, namely benign Fibroadenoma Mammariae (FAM) and malignant ones, which are lumps that will become breast cancer. Adolescence is a transition period for children to adults. The age limit for adolescents ranges from 12-24 years old. In this phase, adolescents experience many changes both behavioral, cognitive, biological, emotional and physical changes. One of the physical changes that occur is the growth of breasts in adolescent girls. **Objective:** The purpose of making KIE Media About Mammalian Fibroadenoma in Adolescents Consciously aims to detect as early as possible the presence of abnormal masses in the breast such as in the case of mammalian fibroadenoma and breast cancer, If it is known that there is a lump or breast problem from an early age, it will immediately receive treatment or treatment according to the diagnosis. **Method:** The media used is a Booklet, In the Making of Media This Booklet can be expected to be a useful medium for Adolescents to understand about the early detection of mammalian fibroadenoma with the Conscious Method. **Result:** Method to create media using the canva application, this Media Booklet has an A5 size with a total of 13 pages about Early Detection of Fibroadenoma Mammariae with the Aware method is useful for educating Adolescents, **Conclusion:** KIE Media in the form of a Booklet with the title "Education on Early Detection of Fibroadenoma Mammariae in Adolescents with the Method of Awareness Through Media Booklet" This booklet can be used as a source of information at the same time effective and interesting learning to be seen with material that is in accordance with evidence-based, detailed images or explanations so that it is easy to understand by women, especially teenagers.

Keywords: KIE, Mammalian Fibroadenoma, Awareness, Adolescents, Booklet