Cross-sectional study about knowledge on warning signs and risk factors of two common cancer [colorectal and breast] among population of Maran, Pahang

Zuriyati Ramli

Pejabat Kesihatan Daerah Maran, Maran, 26500, Pahang, Malaysia

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ABSTRACT

Introduction: Breast and colorectal make up about half of the total cancer cases reported by the Malaysia National Cancer Registry. Understanding cancer awareness is important to tailor preventive efforts and reduce the cancer burden. The objective of this study was to assess of awareness and knowledge about 2 most common cancer [colorectal and breast] warning signs and risk factors in Maran, Pahang. **Materials and Methods:** A study was conducted among individuals aged 40 years who attended public health clinics under Maran District Health Office from 1st October to 31st October 2024. The respondents were assessed using Validated Awareness Beliefs about Cancer questionnaire. Collected data will be entered into and analyzed using the IBM Statistical Packages for Social Science (SPSS) Statistics software Version 27. **Results:** Altogether 450 subjects completed the questionnaire. It was shown low percentage of good knowledge for warning signs and risk factors among the respondents. A significant association between age groups, gender and education level with a level of knowledge on warning signs and risk factors was observed. **Conclusion:** The study revealed that awareness of cancer warning signs and risk factors among individuals aged 40 and above in Maran, Pahang, were inadequate. Age, gender, and educational attainment were highly correlated with knowledge levels. Customised health education initiatives targeting high-risk populations, including males, individuals with lower educational attainment, and older age groups, are essential for enhancing community cancer awareness and facilitating early identification.

Keywords: Cancer Awareness, level of knowledge, signs, symptoms, risks factor, Maran, Pahang