

# **REPORT OF THE BRECAN JOG FOR LIFE PROGRAMME THAT HELD AT ABEOKUTA GRAMMER SCHOOL, ABEOKUTA ON 19<sup>TH</sup> OCTOBER, 2013.**

## **PREAMBLE.**

The day started with the convergence of BRECAN members with and people of the Ogun State Sport Council at the MKO Abiola Stadium in Abeokuta. There was a brief warm -up exercise session. The wife of the governor of Ogun State, Her Excellency Mrs Amosu arrived with her entourage and joined in the warm-up session. The jogging session commenced and was led by the Sports co-ordinator, the First Lady and the BRECAN Founder Mrs Betty Akeredolu. The jogging trail terminated at the Abeokuta Grammar School Field.

There was a brief programme introduction that featured a welcome speech from the representative off the First Lady, the BRECAN Founder and the CEO, Adeolu Health foundation. There were also brief health talks given by the visiting medical team. About 120 participants were in attendance.

## **MEDICAL SERVICES**

The medical services rendered at the programme included blood pressure and blood glucose checks, demonstration of self and aided breast examination and an assessment of the knowledge base of the participants about the concept of breast cancer and self-breast examination using a medical questionnaire.

About seventy four (74) women were attended to which was less compared with the number of people in attendance at the start of the programme due to the late commencement of the free medical services.

All women were attended to and those with suspicious readings on the blood pressure or blood glucose check were advised to seek urgent medical attention at the Federal Medical Centre, Abeokuta.

The women examined included the young and old with the age ranging from 15yr to 68yr.

Most of the women examined had normal findings at the breast examination except for 2 young girls that presented with a benign breast lump and were counselled appropriately about the steps needed in getting it treated.

The results generated from the questionnaire are as follows;

- 1.) Sixty three (63) which is 85.1% of the women seen are married.
- 2.) Seventy three (73) which is 98.6% have heard about breast cancer before.
- 3.) The most quoted source of information about breast cancer was from public demonstrations as reported by 31 (42%) women.
- 4.) Though fifty two (52) women which is 70.3% reported that breast cancer affects both men and women, 51 (68.9%) women did not know its possible causes.
- 5.) Only 13 (17.6%) women could identify diet as a possible cause of breast cancer while 51 (68.9%) were not aware of any cause at all.
- 6.) Sixty four (64) women which is 86.5% reported that it could be curable.

- 7.) Though 62(83.8%) women claimed to be aware of self-breast examination, only 26(35.1%) could correctly describe it.
- 8.) Forty eight (48) women which is 64.9% reported practicing self-breast examination but only 11 (14.9%) could describe the procedure correctly.
- 9.) The commonest reason given for practicing self-breast examination was as prescribed by medical workers as seen in 39(52.7%) women followed by routine practice in 32(43.2%) women.
- 10.) Seventy two (72) women which is 97.3% reported that self-breast examination has benefits to the individual and the most common detractor to its practice was ignorance and fear of detection as seen in 38(51.4%) and 28(37.8%) women respectively.

## **RECOMMENDATIONS**

From the data observed above the following recommendations are hereby suggested;

1. To encourage a higher turnout at these awareness programmes, the jogging distance should not be too far and the programme should commence in earnest once they convene at the terminal spot.
2. That the awareness of the public to breast cancer and its means of prevention have to be intensified through all means of information dissemination as necessary.
3. The dissemination of information should be a two-way procedure that will encourage feedback and assess the interpretation of facts by the targeted audience
4. The need for the ministry of health in every state to partner with committed non-governmental organizations to conduct regular feedback programmes which will first be aimed at assessing what is known by the populace to identify faulty ideas or practices that require reorientation.

## **CONCLUSION.**

THE Jog for Life Breast cancer awareness campaign is a very welcome experience needed to reawaken the interest of all about the burden breast cancer constitutes in the society and the need to do all it takes to kick it out of this world in the long run.

*Signed;* \_\_\_\_\_

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**For the Medical Team**