ABSTRACT

Introduction: As the healthcare programs focus on the relatively higher incidence, women have a fair level of awareness of breast cancer. Breast of male hence ignored in the community. Studies from India have shown that medical care is often taken in an advanced stage because of lack of awareness, and the aggressive nature of breast cancer in Indian men and seen at quite an early age. Video-assisted knowledge teachings about awareness of male breast cancer among adult males would improve their understanding and exploration of the perceptions and opinions of Indian male cancers.

Aim: To determine the effectiveness of video-assisted education on male breast cancer knowledge among adult males in the city of Wardha.

Methods and Materials: One group pretest and posttest design with a quantitative research approach has been used in this interventional study design. This study has been carried out in community set up. Sample size was 100. Validated Pretested predesigned structured questionnaires were used. In Microsoft excel sheet, data collected was entered. SPSS-software...
was used to perform the statistical analysis. Frequencies and percentages for categorical variables have been presented.

**Results:** The pre-test findings show that 15(15%) of the adult males had a poor level of knowledge score, 50(50%) had average knowledge and 31(31%) of them had good knowledge and 4(4%) of them had found a very good level of knowledge. After video-assisted teaching in the post-test 3(3%) had a good knowledge score and 97(97%) had very good knowledge, thus it shows that after the post-test the knowledge score was increased. The Mean value of the pre-test is 9.32 and the post-test is 23.14 (p-value is 0.001), the calculated t-value is 35.47. Hence it indicates that Teaching aided with video was effective. The post-test score was significantly associated with population variables such as occupation and bad habits. The post-testing knowledge score with demographic variables such as age, religion, family type, education, marital status, dietary pattern, and area of residence was not significantly linked.

**Conclusion:** The study shows that the expected teaching on male breast cancer has helped adult males to gain a better understanding of the nature of the disease and to take measures to prevent male breast cancer.

**Keywords:** Awareness; efficacy; educational intervention; adult male; male breast cancer.

1. **INTRODUCTION**

Male breast cancer is a rare disease that represents 1% of all breast cancer cases. While extensive literature on female breast cancer is epidemiologically available, relatively little knowledge exists about male breast cancer.

In every country, cancer is a leading cause of death and a significant impediment to increasing life expectancy. According to World Health Organization (WHO) estimates, cancer is the first or second leading cause of death before the age of 70 in 112 of 183 countries in 2019 and third or fourth in another 23 countries [1].

Male breast cancer (MBC) is extremely uncommon, accounting for only 1% of all breast cancer diagnoses. MBCs have a higher proportion of oestrogen receptor (ER)–positive subtypes than female breast cancers (FBCs) (>95 percent MBC vs 75 percent FBC), implying that MBCs are a more homogeneous group of tumours than FBCs. Family history and genetic susceptibility are important risk factors, despite the lack of data on the aetiology of MBC. Inherited mutations in BRCA2 are responsible for approximately 10% of cases. In contrast, BRCA1 mutations are found in a small number of cases, suggesting that the underlying genetic etiologies of MBC and FBC are different [2,3].

The incidence of MBC has increased between 0.86 and 1.06 per 100,000 people over the past 26 years [2].

On the other hand, male breast cancer is less prevalent in the community and is often ignored [3]. Indian studies show that medical attention is most often sought in the advanced stage. As a consequence of ignorance and that breast cancer is aggressive in Indian men and is seen at a relatively young age [4].

The etiology of breast cancer is unclear in men, but the levels of hormones can play a significant part in disease development. An increased risk for breast cancer has been constantly associated with testicular abnormalities like undescended inguinal hernias, orchiectomy, orchitis, and infertility.

Male breast cancer has increased by 26 percent over the past 25 years, as in breast cancer [5].

No studies to assess Indian perceptions of this disease have been conducted previously [6,7].

In this regard, a study was performed to investigate the efficiency of the education of male breast cancer in Indian men with video support.

2. **MATERIALS AND METHODS**

A pre-experimental pre-test, the post-test research design were used in this study. The study was conducted from 23rd March 2021 to 10th April 2021 and the setting was selected in the community area of Wardha city. By using the purposive sampling technique, 100 adult males were selected based on the calculation.

2.1 **Cochran Formula for Sample Size**

\[ n = \frac{Z^2 \alpha}{2} \times \frac{p(1-p)}{E^2} \]
The steps of methodology including statistical analysis are described in [Table 1, Fig. 1] as follows:

2.2 Statistical Analysis

The collected data were coded, tabulated, and analyzed by using descriptive statistics (mean percentage, standard deviation) and inferential statistics. The significant difference between pre and post-test readings was tested by using students paired and unpaired t-test, the association of knowledge with demographic variables was done by one way ANOVA test and Pearson’s correlation coefficient.

3. RESULTS

The above Table 1 shows that the Majority of the 34 % samples were from the age group of above 29-38 years, 27 % samples were from the age group of 39-48 years, 13 % samples were from the age group of above or equal to 49 years, 25 % samples were Buddhist, 7% were Muslims, 3% were Christian. The majority of the 59 % samples were living in a joint family, 35 % were from a nuclear family, and 6% were living in the extended family. The majority 71% were married, 29% were unmarried. The majority 79% were mixed dietary patterns and 21% were vegetarian. As per bad habits 27% of tobacco chewers, 15% Alcoholic, 13% smokers, 2% drug...
adductors, and 43% were not having any bad habits. As per source of knowledge, 36% an internet/social media, 16% through television, 14% through radio and 14% through newspapers and 25% through other resources.

The above Table 2 shows that (15%) had a poor level of knowledge score, (50%) had an average level of knowledge score, (31%) had a good level of knowledge score, and (4%) had a very good level of knowledge score and none of them have excellent knowledge. The minimum score was 2 and the maximum score was 17, the mean score was $9.32 \pm 3.32$ with a mean percentage score of 35.84%.

The above Table 3 shows that none of them had a poor, average, and a good level of knowledge score, (3%) had a very good level of knowledge score, and (97%) had an excellent knowledge score. The minimum score was 19 and the maximum score was 26, the mean score was $23.14 \pm 1.40$ with a mean percentage score of 89%.

![Fig. 1. Schematic presentation of one group pre-test and post-test design for the present study](image-url)
The effectiveness of structured teaching program was analyzed as follows:

Hypothesis:

H₀: There will be no significant difference between knowledge score regarding male breast cancer among adult male

H₁: There will be no significant difference between knowledge score regarding male breast cancer among adult male

The above Table 4 shows that there is a significant difference between pre-test and post-test knowledge scores interpreting effective video-assisted teaching on knowledge regarding male breast cancer among adult males. The mean value of the pre-test is 9.32 and the post-test is 23.14 and standard deviation values of pre-test are 3.32 ± 3.32 and post test is 23.14±1.40. The calculated t-value is 35.47 and the p-value is 0.001. Hence it is statistically interpreted that the planned teaching on knowledge regarding male breast cancer among adult males was effective. Thus the H₁ is accepted and H₀ is rejected in this study.

The association between some selected demographic variables and post-test knowledge score was calculated and shown in [Table 5]. Illustrate that association between occupation and bad habits shows that calculated p-value was less than the acceptable level of significance i.e. 'p'=<0.05. Thus, there was a significant association between demographic variables occupation and bad habits and post-test knowledge score. However, other demographic variables such as age, religion, education, type of family, education, marital status, type of diet, and source of knowledge illustrate that calculated p-value was more than the acceptable level of significance i.e. 'p'≥0.05. Thus, there was no significant association between demographic variables such as age, religion, education, type of family, education, marital status, type of diet, source of knowledge, and post-test knowledge score.

4. DISCUSSION

The study was conducted to assess the effectiveness of video-assisted teaching on knowledge regarding male breast cancer among adult males

It was aimed to improve the knowledge of adult males regarding male breast cancer.

The mean post-test score of 23.14 (SD=1.40) was higher than the mean pre-test score of 9.32 (SD=3.32) these scores indicate that the video-assisted teaching was effective. The significant difference between the 2 tests was tested by using paired ‘t’ test the level of significance was set at the computed value (p<0.001) indicated that there was a significant difference in the knowledge of adult males about male breast cancer.

A study of the male’s cancer of the breast awareness in Indian expatriates in the Middle East by Salati SA. has been carried out. A cross-sectional survey with a random sample of Indian males expatriates in the Al-Qassim region of Saudi Arabia, Male breast cancer awareness has been examined with a self-designed questionnaire. Results indicate that 81% of study participants were poorly aware of breast cancer in the male. This community should be given special attention in raising the issue of men's breast cancer [8].

Deepak Sundriyal et al. conducted a retrospective study. A total of 1752 patients with breast cancer were present during the 10-year study period (January 2005 to December 2014). It identified 18 cases of MBC. Data were evaluated on clinical history, tests, performance status (PS) at presentation, disease stage, pathological and hormonal status. Results show that 1.03% of the total cases of breast cancer accounted for MBC.

The median age of presentation ranged from 42 to 70 years.

In this study, only 44% (44 out of 100) were aware that men, too, had breasts such as women (even though small), and 66% were uncertain or believed otherwise. Of the 100 subjects, 81 were unfamiliar with the common characteristics of male breast cancer. Those subjects virtually don't know about the concept for breast self-examination, as it was heard of only 4 out of 100 (4%). These are worrying figures, as lack of awareness shows that the presentation of cancer patients is delayed. But many recent studies have also shown that other population groups have a similar unsatisfactory picture.

In a study conducted by male graduate students at the Management and Science University, Malaysia, a significantly high percentage found misunderstandings regarding male breast cancer.
Al-Haddad emphasizes the role of nurses in awareness of possible male breast cancer, risk factors, and associated prevention methods. Haddad also believes the society does not seem to know that men can develop breast cancer, which eventually helps in part to diagnose men late [9].

Table 1. Showing frequency distribution of socio-demographic Variables among male adults n=100

| Demographic variable                  | Frequency | Percentage (%) |
|---------------------------------------|-----------|----------------|
| **Age in year**                       |           |                |
| a. 18-28 years                        | 26        | 26             |
| b. 29-38 years                        | 34        | 34             |
| c. 39-48 years                        | 27        | 27             |
| d. ≥49 years                          | 13        | 13             |
| **Religion**                          |           |                |
| a. Hindu                              | 64        | 64             |
| b. Muslim                             | 7         | 7              |
| c. Buddhist                           | 25        | 25             |
| d. Christian                          | 3         | 3              |
| e. Others                             | 1         | 1              |
| **Type of family**                    |           |                |
| Nuclear                               | 35        | 35             |
| Joint                                 | 59        | 59             |
| Extended                              | 6         | 6              |
| **Education**                         |           |                |
| a. Primary                            | 14        | 14             |
| b. Secondary                          | 28        | 28             |
| c. Higher Secondary                   | 47        | 47             |
| d. Graduate                           | 10        | 10             |
| e. Post Graduate                      | 1         | 1              |
| **Occupation**                        |           |                |
| Student                               | 17        | 17             |
| Laborer                               | 35        | 35             |
| Farmer                                | 27        | 27             |
| Private Service                       | 15        | 15             |
| Government Service                    | 4         | 4              |
| Other                                 | 2         | 2              |
| **Marital status**                    |           |                |
| Married                               | 71        | 71             |
| Unmarried                             | 29        | 29             |
| Divorced                              | 0         | 0              |
| **Types of diet**                     |           |                |
| Vegetarian                            | 21        | 21             |
| Mixed Diet                            | 79        | 79             |
| **Bad habits**                        |           |                |
| Drinking Alcohol                      | 15        | 15             |
| Smoking                               | 13        | 13             |
| Tobacco Chewing                       | 27        | 27             |
| Drug Addiction                        | 2         | 2              |
| No bad habits                         | 43        | 43             |
| **Source of knowledge**               |           |                |
| Radio                                 | 9         | 9              |
| TV                                    | 16        | 16             |
| Internet/Social Media                 | 36        | 36             |
| Newspaper                             | 14        | 14             |
| Other                                 | 25        | 25             |
Table 2. Assessment of existing knowledge regarding male breast cancer n=100

| Level of pre-test knowledge | Score Range | Level of Pre-test Knowledge Score |
|-----------------------------|-------------|----------------------------------|
|                            |             | No of adult males | Percentage |
| Poor                       | 0-20%       | 15               | 15          |
| Average                    | 21-40%      | 50               | 50          |
| Good                       | 41-60%      | 31               | 31          |
| Very Good                  | 61-80%      | 4                | 4           |
| Excellent                  | 81-100%     | 0                | 0           |
| Minimum score              |             | 2                |             |
| Maximum score              |             | 17               |             |
| Mean knowledge score       |             | 9.32 ± 3.32      |             |
| Mean % Knowledge Score     |             | 35.84 ± 12.77    |             |

Table 3. Assessment of post-test knowledge regarding male breast cancer n = 100

| Level of post-test knowledge | Score Range | Level of Post-test Knowledge Score |
|------------------------------|-------------|-----------------------------------|
|                             |             | No of students | Percentage |
| Poor                        | 0-20%       | 0                | 0           |
| Average                     | 21-40%      | 0                | 0           |
| Good                        | 41-60%      | 0                | 0           |
| Very Good                   | 61-80%      | 3                | 3           |
| Excellent                   | 81-100%     | 97               | 97          |
| Minimum score               |             | 19               |             |
| Maximum score               |             | 26               |             |
| Mean knowledge score        |             | 23.14±1.40      |             |
| Mean % Knowledge Score      |             | 89±5.38         |             |

Table 4. Percentage-wise distribution of Effectiveness of video-assisted teaching on knowledge regarding male breast cancer among adult males n = 100

| Overall | Mean | SD  | Mean Difference | t-value | p-value |
|---------|------|-----|----------------|---------|---------|
| Pre Test| 9.32 | 3.32| 13.82±3.89     | 35.47   | 0.0001  |
| Post Test | 23.14 | 1.40 |                   |         | $p<0.05$ |

A qualitative study that explores Cancer of the male breast awareness and knowledge among men who speak English. The main goal was to generate information guiding clinical practice and the development of gender-based education interventions. Interviews were conducted and analyzed using qualitative methods which had at least one maternal blood relative to breast cancers, all without having any history of breast cancer, to describe the consciences of male cancer participants, their knowledge, and what they thought could be enhanced in health professionals.

Almost 80 percent of participants had not realized that men could develop breast cancer, but, while everyone was at greater risk due to their positive family history, all reported never discussing the disease with their providers. This study offers much-needed insights into male breast cancer consciousness and knowledge [10,11,12].

Our study focused on finding the efficacy of video-assisted knowledge education in male breast cancer among adult males in which knowledge scores were taken as the main indicator. The other limitation was though our tool assessed knowledge regarding male breast cancer the scores were self-reported, so an increase in the score had definitely shown knowledge increase but how far it was transformed into a change in practices could not be evaluated. Another limitation of our study was due to resource constraints the individual-level data could not be compared pre-intervention and post-intervention; we had to use aggregate data to compare scores.
Table 5. Significance of association of knowledge about demographic variable

| Age (years) | No. of adult males | Mean post-test knowledge score | F-value | p-value |
|-------------|--------------------|-------------------------------|---------|---------|
| 18-28 years | 26                 | 23.30±1.31                    | 1.12    | 0.34    |
| 29-38 years | 34                 | 23.08±1.37                    | NS,p>0.05|         |
| 39-48 years | 27                 | 22.81±1.46                    |         |         |
| ≥49 years   | 13                 | 23.61±1.44                    |         |         |

| Religion    |                   |                               |         |         |
|-------------|--------------------|-------------------------------|---------|---------|
| Hindu       | 64                 | 23.17±1.32                    | 2.18    | 0.076   |
| Muslim      | 7                  | 21.85±1.95                    | NS,p>0.05|         |
| Buddhist    | 25                 | 23.28±1.27                    |         |         |
| Christian   | 3                  | 24.33±1.52                    |         |         |
| Others      | 1                  | 23±0                          |         |         |

| Type of family |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Nuclear        | 35                 | 23.22±1.43                    | 0.12    | 0.88    |
| Joint          | 59                 | 23.10±1.43                    | NS,p>0.05|         |
| Extended       | 6                  | 23±0.89                       |         |         |

| Education     |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Primary       | 14                 | 22.71±1.32                    | 1.52    | 0.20    |
| Secondary     | 28                 | 23.28±1.41                    | NS,p>0.05|         |
| Higher Secondary | 47               | 23.08±1.31                    |         |         |
| Graduate      | 10                 | 23.30±1.70                    |         |         |

| Occupation    |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Student       | 17                 | 23.64±1.41                    | 2.61    | 0.029   |
| Laborer       | 35                 | 23.37±1.21                    | S,p<0.05|         |
| Farmer        | 27                 | 22.44±1.31                    |         |         |
| Private Service | 15                | 23.20±1.14                    |         |         |
| Government Service | 4             | 22.75±2.87                    |         |         |
| Other         | 2                  | 24.50±0.70                    |         |         |

| Marital Status |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Married        | 71                 | 23.08±1.43                    | 0.61    | 0.53    |
| Unmarried      | 29                 | 23.27±1.33                    | NS,p>0.06|         |
| Divorced       | 0                  | 0±0                           |         |         |

| Type of diet   |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Vegetarian     | 21                 | 23.42±1.20                    | 1.06    | 0.29    |
| Non-Vegetarian | 79                 | 23.06±1.44                    | NS,p>0.06|         |

| Bad Habits     |                   |                               |         |         |
|----------------|--------------------|-------------------------------|---------|---------|
| Drinking       | 15                 | 23.86±1.30                    | 2.60    | 0.041   |
| Smoking        | 13                 | 22.92±1.65                    | S,p<0.05|         |
| Tobacco Chewing| 27                 | 22.55±1.15                    |         |         |
| Drug Addiction | 2                  | 23.50±0.70                    |         |         |
| Other          | 43                 | 23.30±1.40                    |         |         |

| Source of knowledge |                  |                               |         |         |
|---------------------|------------------|-------------------------------|---------|---------|
| Radio               | 9                | 23.22±1.56                    | 0.24    | 0.91    |
| TV                  | 16               | 23.37±1.92                    | NS,p>0.05|         |
| Internet/Social     | 36               | 23.02±1.29                    |         |         |
| Media               |                  |                               |         |         |
| Newspaper           | 14               | 23.28±1.13                    |         |         |
| Other               | 25               | 23.04±1.30                    |         |         |

5. CONCLUSION

Women are prevalent with breast cancer and can develop in men, though it is rare. Society seems unaware of the possibility for men to develop breast cancer that partly contributes to late diagnosis in men. Nurses must raise awareness about potential breast cancer in men, associated risk factors, and prevention methods. The detection of breast cancer can be assisted by a
simple screening method, such as breast self-examination. This test can be carried out quickly and easily independently, which can lead to early detection. The present study concludes that in pre-test and after video-assisted training, male adult knowledge about breast cancer is not adequate; the awareness of male adults is improved after teaching. Video support is, therefore, effective in enhancing male breast cancer knowledge of adults, helps them to consider the complications of cancer of the male breast, and to take the appropriate measures to recognize at earlier and prevent male breast cancer.

6. FUTURE RECOMMENDATION
The level of awareness is poor and strategies must be developed to improve this. In this respect, careful use of social media and television can be helpful. These findings provide a starting point for developing evidence-based, gender-based, health promotion and disease prevention interventions for men. There are still misconceptions concerning male breast cancer and male breast self-examination, so special attention should be given to educating men on the subjects of male breast cancer and male breast self-examination (MBSE).

CONSENT
The written informed consent duly signed individually by them was obtained.

ETHICAL APPROVAL
We conducted our research after getting ethical permission (Ref. no: DMIMS (DU)/IEC/17-18/7020).

COMPETING INTERESTS
Authors have declared that no competing interests exist.

REFERENCES
1. Tarver T. Cancer Facts & Figures 2012. American Cancer Society (ACS). J Consum Health Internet. 2012;16(3):366–7.
2. Petruchelli N, Daly MB, Pal T, BRCA1- and BRCA2-Associated Hereditary Breast and Ovarian Cancer. In: Adam MP, Ardinger HH, Pagon RA, Wallace SE, Bean LJ, Mirzaa G, et al., editors. GeneReviews® [Internet]. Seattle (WA): University of Washington, Seattle; 1993.
3. Bevier M, Sundquist K, Hemminki K. Risk of breast cancer in families of multiple affected women and men. Breast Cancer Res Treat. 2012;132(2):723–8.
4. Giordano SH, Cohen DS, Buzdar AU, Perkins G, Hortobagyi GN. Breast carcinoma in men. Cancer. 2004;101(1):51–7.
5. SS, SB, AG, AG, SB. Male breast cancer: a clinicopathologic study of 42 patients in eastern India. Indian J Surg Oncol. 2012;3(3):245–9.
6. Sundriyal D, Kotwal S, Dawar R, Parthasarathy KM. Male Breast Cancer in India: Series from a Cancer Research Centre. Indian J Surg Oncol. 2015;6(4):384–6.
7. View of Clinicopathological Characteristics and Survival Status of Male Breast Cancer, a Single Center Experience. [cited 2021 Jun 10]. Available: http://waocp.org/journal/index.php/apjcb/article/view/225/1035
8. Sasco AJ, Lowenfels AB, Jong PP-D. Review article: Epidemiology of male breast cancer. A meta-analysis of published case-control studies and discussion of selected aetiological factors. Int J Cancer. 1993;53(4):538–49.
9. Thomas DB, Margarita Jimenez L, McTieman A, Rosenblatt K, Stalsberg H, Stemhagen A, et al. Breast Cancer In Men: Risk Factors with Hormonal Implications. Am J Epidemiol. 1992;135(7):734–48. article_26131_d37c06739e890bf5bfa2cb79134aefc.pdf [cited 2021 Jun 10]. Available from: Available: http://journal.waocp.org/article_26131_d37c06739e890bf5bfa2cb79134aefc.pdf
10. Bootsma TI, Duijveman P, Pipe A, Scheelings PC, Witkamp AJ, Bleiker EMA. Unmet information needs of men with breast cancer and health professionals. Psychooncology. 2020;29(5):851–60. Original Research: Men’s Awareness and Knowledge of Male Breast Cancer. AJN The American Journal of Nursing. [cited 2021 Jun 10]. Available: https://journals.lww.com/ajnonline/Abstract/2010/10000/Original_Research__Men_s_Awareness_and_Knowledge.27.aspx
ANNEXURE 1

QUESTIONNAIRE

INSTRUCTIONS

➢ Read each item carefully and tick the most appropriate answer.
➢ Avoid over writing, tick only one option for each question.
➢ Attempt all questions.

Section A

Demographic variables

1. Age in year
   a) 21-30 years
   b) 31-40 years
   c) 41-50 years
   d) 51 and above

2. Religion
   a) Hindu
   b) Muslim
   c) Buddhist
   d) Christian
   e) Other

3. Family Type
   a) Nuclear
   b) Joint
   c) Extended

4. Education
   a) Primary
   b) Secondary
   c) Higher secondary
   d) Graduation
   e) Post-graduation

5. Occupation
   a) Student
   b) Labourer
   c) Farmer
   d) Private Employee
   e) Government Employee
   f) Any other specify……..

6. Marital status
   a) Married
   b) Unmarried
   c) Divorced
7. Dietary pattern
   a) Vegetarian
   b) Non-vegetarian
   c) Mixed Diet

8. Any Bad Habits
   a) Alcohol drinking
   b) Smoking
   c) Tobacco chewing
   d) Drug addiction

9. Source of information regarding male breast cancer is
   a) Radio
   b) Televisions
   c) Internet/social Media
   d) Newspaper
   e) Any other specify………

Section B

1. The incidence rate of male breast cancer in worldwide is
   a) 0.5-1%
   b) 1-2%
   c) 2-3%
   d) 3-4%

2. The male breast cancer is higher in age group
   a) Less than 50 years
   b) 50-59 years
   c) 60-69 years
   d) 70-79 years
   e)

3. Cancer is
   a) Contagious
   b) Non-contagious
   c) Infectious
   d) Hereditary

4. The Cancer forms in tissues of the breast in men is called as
   a) Lung cancer
   b) Prostate cancer
   c) Blood cancer
   d) Breast cancer

5. Cancer can spread through
   a) Tissue, lymph system, blood
   b) Bone, blood, tissue
   c) Bone, Lymph system, Tissue
   d) Tissue, blood, artery
6. Risk factor for causing male breast cancer is
   a) Thin body built
   b) Obesity
   c) Lung disease
   d) Young age

7. Food causing the risk of developing breast cancer is
   a) Carrot
   b) Tomatoes
   c) Red meat
   d) Eggs

8. An unexplained lump of swelling could be the sign of
   a) Lung cancer
   b) Breast cancer
   c) Leukemia
   d) Esophageal cancer

9. Early sign of male breast cancer is
   a) Painless lump
   b) Tenderness in breast
   c) Discharge from nipple
   d) Change in size and shape

10. The clinical manifestation of male breast cancer is
    a) Painless lump
    b) Redness
    c) Discharge from nipple
    d) All of the above

11. Following are the diagnostic test performed to diagnose male breast cancer. **EXCEPT**
    a) History collection and physical examination
    b) USG and MRI
    c) Blood test and Biopsy
    d) Endoscopy

12. Male Breast self-examination should perform
    a) Once a week
    b) Once a day
    c) Once a month
    d) Once every six months

13. Breast self-examination is a technique used to
    a) Examine skin changes
    b) Examine breast
    c) Measure chest circumference
    d) Examine lung expansion
14. The purpose of breast self-examination is
   a) To detect shortly symptoms
   b) To detect late symptoms
   c) To detect slow symptoms
   d) To detect early signs and treatment

15. The appropriate age to start breast self-examination at the age of
   a) 20 years
   b) 30 years
   c) 40 years
   d) 50 years

16. The best time to perform breast self-examination is
   a) After having food
   b) Before going to bath
   c) After a bath
   d) Before going to sleep

17. The first step of breast self-examination is
   a) Inspection
   b) Palpation
   c) Auscultation
   d) Percussion

18. In the step of inspection one should observe in the mirror for
   a) Dimpling or puckering
   b) Redness
   c) Discharge from nipple
   d) All of the above

19. To examine the right breast one should use _ hand.
   a) Right
   b) Left
   c) Both
   d) With the help of other

20. In breast self-examination, the sequence of palpation is
   a) Light, medium and deep pressure
   b) Deep, medium and light pressure
   c) Light, deep and medium pressure
   d) Medium, light and deep pressure

21. In breast self-examination, the best position for palpation is
   a) Sitting
   b) Lying down
   c) Lateral
   d) Prone
22. The three fingers are used to perform breast self-examination are
   a) Index, middle and ring
   b) Middle, ring and little
   c) Thumb, index and middle
   d) Thumb, middle and ring

23. The most common type of treatment for cancer is
   a) Surgery
   b) Radiation therapy
   c) Chemotherapy
   d) Hormone therapy

24. Chemotherapy is drug used to treat
   a) Cancer
   b) Tuberculosis
   c) HIV/AIDS
   d) Asthma

25. The common side effect of chemotherapy drug is
   a) Hearing loss
   b) Hair loss
   c) Visual loss
   d) Heart damage

26. The long-term side effect of breast cancer treatment is
   a) Poor body image
   b) Weakness and fatigue
   c) Mouth sores
   d) Loss of appetite

27. The surgical management for breast cancer is
   a) Hysterectomy
   b) Pneumonectomy
   c) Laparotomy
   d) Mastectomy

28. The vitamin lower the risk of male breast cancer is
   a) Vitamin D
   b) Vitamin A
   c) Vitamin K
   d) Vitamin E

© 2021 Gadhave et al.; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (http://creativecommons.org/licenses/by/4.0), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Peer-review history:
The peer review history for this paper can be accessed here:
https://www.sdiarticle5.com/review-history/75793