



Training workshop entitled:

## Breast Cancer

The Student Work Unit (represented by cultural and social activities and volunteer programs) at the College of Applied Medical Sciences in Wadi Al-Dawasir organized an awareness lecture on "Breast Cancer" presented by Assistant Professor of Maternity, Gynecology and Obstetrics Nursing at the College, Dr. Mervat Labib Al-Kashef, on Sunday 14/4/1445 AH at the College Theater.

The event aimed to educate students and affiliates about the risk factors that increase the risk of breast cancer, and ways to prevent it. It dealt with the prevalence rates globally and within the Kingdom, benign breast tumors, the definition of breast cancer, factors that increase the likelihood of breast cancer, involuntary factors that cannot be avoided, factors that can be avoided, breast description at different stages of life, changes that must be sought for, misconceptions about breast cancer, breast cancer prevention, reducing the risk of breast cancer, guidelines for early detection of breast cancer, and when to see a doctor. Breast self-examination was applied to a model from the obstetrics and gynecology laboratory.

The lecture was well received by the audience. Where the event was coordinated and arranged by the supervisor of the student work unit at the college and the coordinator of cultural and social activities and volunteer programs, Dr. Attiyat Muhammad Hassan, and the coordinator of the social club at the college, Ms. Rajsa Mardi, participated in the .organization

## العوامل التي تزيد من احتمالية الاصابة بسرطان الثدي

- الاستعداد العائلي (خاصة في سن مبكر)
- عدم الرضاعة الطبيعية
- التأخر في الانجاب أو عدم الانجاب
- استخدام الهرمونات التعويضية HRT-
- الغذاء الغير سليم والوزن الزائد