

Breast Self-Examination Among Market Women

Sir,

The recent report on “Breast self-examination (BSE) among market women” is very interesting.^[1] Obaji *et al.*, concluded that “There was a low level of awareness of BSE among market women in Abakiliki and there is a need to increase the level of awareness through campaigns.”^[1] The author would like to share the experience on the same topic from a tropical developing country Thailand. The similar low rate of regular practice on BSE among Thai rural women was reported.^[2] Furthermore, the considerable high number of breast abnormalities could be observed among those women who performed BSE. It is no doubt that BSE can be useful for breast cancer screening. Nevertheless, there are some points to be considered. First, the correctness of BSE procedure is important. There must be a specific health education on this aspect provided to the local women. Second, in some settings, talking about breast seems to be taboo. The specific procedure to deliver the demonstration session must be carefully carried out. Third, there must be a specific way

for women who get positive BSE result to follow for getting further proper management.

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