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# Breast Pathology and Cancer Diagnosis

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## Breast cancer: Prevalence and public education in the Kingdom of Saudi Arabia

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Breast cancer is a leading cause of death amongst women worldwide. Advanced diagnostic and therapeutic techniques may reduce the mortality rate due to breast cancer. The major problem is that patients arrive for diagnosis at a late stage, when the disease has already spread. Early checking of the breast conditions, especially for women with history of breast cancer in the family is vital. Breast self-examinations and breast screening programs may help detecting cancer at early stages, and thus reduce the need for aggressive therapies. Public awareness and education plays a key role. Early diagnosis of breast cancer may save the lives of many women. This requires public education and awareness and outreach for rural areas. The Eastern province is playing a leading role to reach and educate women and have programs such as Pink Eastern province, so it won't be discovered later in addition to mobile screening facilities that are provided to women in areas of accumulation such as malls; with a goal to reduce the mortality rate from breast cancer. Regular visits and public lectures in schools and religious areas could also facilitate in educating women about that. Women should understand that breast cancer is not a curse, nor is it the end of the world as many might think. This is also an important issue to address during the awareness programs. A team of volunteers from different disciplines, educational levels and geographic areas are collaborating to reach the goals for a pink Eastern province with the help and support of the health authorities. Some of the activities carried out in different regions in the eastern province will be presented.

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