

Breast Cancer Awareness Session

Date: 24-10-2025

October is globally recognised as Breast Cancer Awareness Month, a campaign to enhance public awareness about breast cancer — its risks, early detection and treatment. On this occasion Basaveshwara medical college and Hospital had organized session about Breast Cancer Awareness. The program was graced by the presence of Dr. Rajesh M.S. Medical Superintendent, Deputy Medical Superintendent Dr. Nagendra Gowda. Dr. Deepika N., MD, DNB, Faculty, Department of Community Medicine, hosting the session. The session was organised specifically for the non-clinical workforce, including Group D staff, sanitary workers, and non-teaching staff, recognising that these groups often have limited access to detailed health education. During the session, Dr. Deepika began with a general overview of what cancer is: how normal cells can begin to grow in an uncontrolled way, form tumours, invade surrounding tissue and sometimes spread to other parts of the body.

She then moved into the specifics of breast cancer: explaining how it develops in breast tissue, how it may progress if unchecked, and what the global burden looks like. Next, she covered the various risk factors — highlighting both non-modifiable and modifiable kinds of risk for the disease. She emphasised that having a risk factor does not guarantee cancer, but that this knowledge helps us remain vigilant. Further discussion addressed the signs and symptoms that might raise concern and warrant prompt medical evaluation. An important portion of the session focused on screening and early detection: she demonstrated how to self-examine the breast and what to look for and be alert to, and also explained available screening methods.

Approximately 150 staff members attended, representing a wide range of non-clinical roles, and their enthusiastic engagement was very encouraging. Many asked questions, shared personal concerns or experiences, and their queries were resolved. In conclusion, this session has strengthened awareness among our non-clinical staff about what breast cancer is, how it develops, what the risk factors and symptoms are, and the value of early detection.