

## ABSTRACT

**Introduction:** Breast cancer is the most common cause of cancer related death among women worldwide. Medical researchers and practitioners assert that Breast self-examination (BSE) has a great potential value for early detection of breast cancer. This research focused on investigating the level of knowledge, attitude and proportion of women who actually practice BSE in Fort Portal town.

**Objective:** To determine the level of knowledge and attitude towards Breast self-examination among women attending antenatal at Fort Portal Regional Referral Hospital.

**Method:** This was a cross sectional study design where 107 women attending antenatal at FPRRH were selected. Data was collected with the use of questionnaire that included social demographic, practice , knowledge and attitude.

**Results:** Out of 107 respondents, the smallest percentage,33% had ever done BSE and yet a relatively high percentage had knowledge about it. Majority of the respondents,76% had very good attitude towards BSE. A high percentage of 79% also agreed that BSE helps in early cancer detection.

**Conclusion:** Knowledge about breast cancer among the women is very significant in practicing BSE. On the other hand knowledge also leads to a positive attitude towards BSE. Despite this research indicates that although more than half of the women interviewed had some knowledge about BSE, most of them did not put their knowledge into practice.

**Recommendation:** There is a great need for public health education for awareness about breast cancer and the importance of BSE because a significant number of the informants had never heard about BSE. Also, there is need to involve men in this awareness because they will be encouraging their wives and hence promoting early detection and treatment of Breast cancer.