

# QUESTION POOL FOR BREAST CANCERS

## I. GENERAL KNOWLEDGE ON BREAST CANCERS

### A. Who is advised to do breast self-examination (True or False)?

- 1) All women aged 20 years or older TRUE
- 2) Only married women FALSE
- 3) Only women who have started having sexual intercourse FALSE
- 4) Only women that have ever been pregnant FALSE
- 5) Only women whose periods (menstruation) have stopped (usually above 50 years of age) FALSE
- 6) Only women that have had breast cancers FALSE
- 7) Only women with breast cancers in their families FALSE

### B. How do you respond to the following questions (True or False)?

- 1) Cancer of the breast is a common cause of deaths among females in Nigeria TRUE
- 2) Any woman from the age of 20 or even less can develop breast cancer TRUE
- 3) Cancer of the breast can be passed on from one person to another FALSE
- 4) If detected early, about 90% (9 out of every 10) of women with breast cancer will survive? TRUE
- 5) Most commonly, lumps found in breasts are cancerous? FALSE
- 6) Men can also get breast cancers TRUE
- 7) The risk of developing breast cancer increases with age TRUE
- 8) The majority of women with invasive breast cancer are over 40 in Nigeria TRUE
- 9) Breast cancer does not occur in women under the age of 20 years FALSE
- 10) Caucasian (white) women are slightly more likely to develop breast cancer than Africans (blacks, including Nigerians) TRUE
- 11) The rate of breast cancer in African women has been decreasing in recent years FALSE
- 12) People who have had breast cancer have a greater chance of developing another cancer in the same breast, or in the other breast TRUE

### C. The following breast cancer tackling techniques are free of charge to all women (True or False)?

- 1) Breast imaging through x-rays (called mammography) and/or ultrasound scans FALSE
- 2) Clinical breast examination FALSE
- 3) Breast Self-examination TRUE

### D. For a woman, being “breast aware” includes the following (True or False)?

- 1) Knowing the risk factors of breast cancer TRUE
- 2) Knowing when her monthly period starts FALSE
- 3) Knowing the early symptoms of breast cancers TRUE
- 4) Knowing the techniques to detect suspicious symptoms of breast cancer TRUE
- 5) Using the oral contraceptive pill FALSE
- 6) Familiarizing oneself with the normal appearances and feelings of one’s own breasts TRUE
- 7) Knowing when to inform a doctor of any changes noticed in one’s own breasts TRUE
- 8) Knowing and practising monthly breast self-examination (BSE) TRUE

### E. If a lump or suspicions lesion is noticed, a woman is advised to (True or False)?

- 1) Find out if there is any family member (including extended family) that has had breast cancer TRUE
- 2) Talk to the doctor about the changes noticed TRUE
- 3) Ignore it as it will disappear with time FALSE
- 4) Go to a church or pray over it FALSE
- 5) Ask for investigations if not satisfied after seeing a doctor TRUE
- 6) Find a traditional healer FALSE
- 7) Get a second opinion from another doctor if unsatisfied after seeing a doctor TRUE

### F. Breast cancer in men (True or False)?

- 1) It is common **FALSE**
- 2) Up to 20% of all people diagnosed with breast cancers are in men **FALSE**
- 3) Can be associated with high oestrogen levels **TRUE**
- 4) Can be associated with some genetic disorders like Klinefelter's Syndrome **TRUE**
- 5) Only less than 1% of breast cancers occur in men **TRUE**

## **II. KNOWLEDGE OF BREAST CANCER SCREENING**

### **G. Methods of breast cancer screening include (True or False)?**

- 1) Breast imaging through x-rays (called mammography) and/or ultrasound scans **TRUE**
- 2) Blood tests **FALSE**
- 3) Clinical breast examination **TRUE**
- 4) Breast Self-examination **TRUE**
- 5) Urine tests **FALSE**

### **H. Concerning breast self-examination (BSE) (TRUE OR FALSE)?**

- 1) It requires a woman to see a medical practitioner for the examination of her breasts **FALSE**
- 2) It is expensive **FALSE**
- 3) It can be practised by virtually anyone **TRUE**
- 4) It involves the woman examining her own breast tissues in her own privacy and schedule
- 5) It has been proven to reduce breast cancers **FALSE**
- 6) When combined with other forms of screening, it can improve breast cancer outcomes **TRUE**
- 7) Most breast lumps and breast cancers are found by the affected women themselves **TRUE**
- 8) Self-breast examination can help detect lesions suspicious of breast cancers **TRUE**
- 9) It is only for women that are unwell **FALSE**
- 10) It is usually painful **FALSE**
- 11) It will normally take a long time to complete **FALSE**
- 12) If I find a suspicious lump, it is best to see a medical doctor **TRUE**

### **I. Recommended Breast Cancer Screening Guidelines for women aged 20 to 39 (TRUE OR FALSE)?**

- 1) A monthly breast self-exam (BSE) **TRUE**
- 2) A clinical breast exam (CBE) by a trained health professional every one to three years **TRUE**
- 3) A two-yearly screening mammogram and/or ultrasound **FALSE**
- 4) Getting a vaccination **FALSE**
- 5) Discussing with a doctor about early screening mammograms if at increased risk **TRUE**
- 6) Having more frequent breast exams if at increased risk **TRUE**

### **J. Recommended Breast Cancer Screening Guidelines for women aged over 40 (TRUE OR FALSE)?**

- 1) A monthly breast self-exam **TRUE**
- 2) Regular blood tests **FALSE**
- 3) A yearly clinical breast exam by a trained health professional **TRUE**
- 4) A two-yearly screening mammogram and/or ultrasound **TRUE**
- 5) Getting vaccinated **FALSE**
- 6) Regular urine tests **FALSE**

### **K. Breast cancer screening techniques can include (TRUE OR FALSE)?**

- 1) Breast imaging through x-rays (called mammography) and/or ultrasound scans **TRUE**
- 2) Urine test **FALSE**
- 3) Clinical breast examination (CBE) **TRUE**
- 4) Blood test **FALSE**
- 5) Breast Self-examination **TRUE**

## **III. KNOWLEDGE OF BREAST CANCER RISK FACTORS**

### **L. Which of the following may increase the risks of developing breast cancer (TRUE OR FALSE)?**

- 1) Starting your periods (menstruation) at an early age (before 11 years) **TRUE**
- 2) Starting your periods (menstruation) at a late age (over 16 years) **FALSE**
- 3) Having no babies at all **FALSE**
- 4) Having many babies (more than 4) **TRUE**
- 5) Using the birth control pill **TRUE**
- 6) Having someone in the family with breast cancer **TRUE**
- 7) Starting sexual intercourse at an early age **FALSE**
- 8) Having a urinary tract infection (infection of urine) **FALSE**
- 9) Gaining a lot of weight in adulthood, especially after menopause **TRUE**
- 10) Sedentary lifestyle (lack of physical activity) and eating too much fat **TRUE**
- 11) Drinking a lot of alcohol (more than 2 standard drinks a day) **TRUE**
- 12) Smoking **TRUE**

**M. How can one reduce the risks of breast cancer (TRUE OR FALSE)?**

- 1) By smoking **FALSE**
- 2) Eat a healthy diet **TRUE**
- 3) Increase physical activity/exercise **TRUE**
- 4) Gaining a lot of weight **FALSE**
- 5) Avoid excessive alcohol **TRUE**
- 6) Making BSE a part of monthly routine **TRUE**

**N. Regarding breast cancers (TRUE OR FALSE)?**

- 1) Family history is the largest risk factor for breast cancers **FALSE**
- 2) Majority of the women diagnosed with breast cancer have no known family history **TRUE**
- 3) Antiperspirants or deodorants increase the risk of breast cancer **FALSE**
- 4) Trauma to the breast can increase the risk of breast cancer **FALSE**
- 5) Evil spirits and evil people can cause breast cancer **FALSE**
- 6) Breast cancer can be a form of punishment from God **FALSE**

**IV. KNOWLEDGE OF BREAST CANCER SYMPTOMS**

**O. Which of the following may indicate early breast cancer (TRUE OR FALSE)?**

- 1) Pain in the breasts **FALSE**
- 2) Ulcer in nipple **TRUE**
- 3) Chest pain **FALSE**
- 4) Headache **FALSE**
- 5) Breast lump or swelling **TRUE**
- 6) Lump or swelling in the armpit **TRUE**
- 7) Nipple discharge from one breast only **TRUE**
- 8) Nipple discharge in a pregnant person **FALSE**
- 9) Skin dimpling **TRUE**
- 10) Nipple discharge when it is being squeezed **FALSE**

**V. KNOWLEDGE OF BREAST CANCER PREVENTIVE PRACTICES**

**P. How often should breasts be examined (TRUE OR FALSE)?**

- 1) Once a Day **FALSE**
- 2) Once a Week **FALSE**
- 3) Once a Month **TRUE**
- 4) Once every 6 months **FALSE**
- 5) Once every year **FALSE**

**Q. If you are menstruating, at what stage of your monthly cycle should you examine your breasts?**

- 1) Anytime **FALSE**

- 2) During your period (menstrual flow) **FALSE**
  - 3) 7 to 10 days after your period (menstrual flow) stops **TRUE**
  - 4) Midway through your cycle **FALSE**
  - 5) 7 to 10 days before your period (menstrual flow) starts **FALSE**
- R. **For a woman that are pregnant, breastfeeding, or not menstruating or pregnant, breast examination should be done (TRUE OR FALSE)?**
- 1) Weekly **FALSE**
  - 2) Monthly, at any time of the month **FALSE**
  - 3) Monthly, at the same time each month **TRUE**
  - 4) Not at all **FALSE**
  - 5) After breastfeeding the baby for those that are breastfeeding **TRUE**
- S. **What is the best position to adopt while examining your breasts (TRUE OR FALSE)?**
- 1) Standing in front of a mirror **TRUE**
  - 2) Lying down **TRUE**
  - 3) Use right hand to examine the left breast (and left hand to examine right breast) **TRUE**
  - 4) Use the finger pads (finger pulps) of the fingers to examine **TRUE**
  - 5) Use my fingernails to examine **FALSE**
  - 6) Use my palms to examine **FALSE**
  - 7) Use one finger only **FALSE**
  - 8) Use the 3 middle fingers only **TRUE**
  - 9) By moving fingers in circles around the breast till all parts are covered **TRUE**
  - 10) By moving fingers from top of breast to bottom (vertically) till all parts covered **TRUE**
  - 11) Examine breasts by checking small sections of it (in wedges) till all parts examined
  - 12) Press the nipple to check for any discharge **TRUE**
  - 13) Examine the armpit for lumps **TRUE**
  - 14) Look for any changes in breast size or shape **TRUE**
  - 15) Look at the nipple to see if it is drawn inwards **TRUE**
  - 16) Raise one hand above the head while examining breast on that side **TRUE**
  - 17) Should be fully clothed **FALSE**
  - 18) The hand should cover only the bulging/swollen part of the breast **FALSE**

### **QUESTION POOL FOR CERVICAL CANCERS**

#### **I. GENERAL KNOWLEDGE OF CERVICAL CANCERS**

##### **A. Regarding cervix and cervical cancers (TRUE OR FALSE)?**

1. The cervix is part of the female reproductive organ **TRUE**
2. The cervix is part of the male reproductive organ **FALSE**
3. The cervix is also called “neck” of the womb **TRUE**
4. The cervix connects lower part of the womb (uterus) to the top of the vagina **TRUE**
5. The cervix is part of the breast **FALSE**
6. Cervical cancers do not kill women in Nigeria **FALSE**

#### **II. KNOWLEDGE OF CERVICAL CANCER RISK FACTORS**

##### **B. Which of the following may increase the risks of developing cervical cancer (TRUE OR FALSE)?**

1. Early onset of unprotected sexual activities **TRUE**
2. Having multiple sexual partners **TRUE**
3. Smoking cigarettes **TRUE**
4. Drinking lots of alcohol **TRUE**
5. Having many babies (more than 4) **TRUE**

6. Using the birth control pill **FALSE**
7. Spiritual attack **FALSE**
8. Having someone in the family with cervical cancer **FALSE**
9. Abstinence from pre-marital sexual intercourse **TRUE**
10. Having vaginal warts (caused by the Human Papilloma Virus, a type of viral infection) **FALSE**
11. Having a urinary tract infection (infection of urine) **FALSE**
12. Having sexually transmitted diseases (infections) **TRUE**
13. Poison from enemies **FALSE**
14. Cervical cancer can be inherited from one's parents **FALSE**
15. Lack of regular cervical screening tests **TRUE**

### **III. KNOWLEDGE OF CERVICAL CANCER SYMPTOMS**

#### **C. Which of the following may indicate early cervical cancer (TRUE OR FALSE)?**

1. Vaginal discharge with an offensive (foul) smell **TRUE**
2. Bleeding after sexual intercourse **TRUE**
3. Having pain during menstruation **FALSE**
4. Having heavy bleeds during menstruation **FALSE**
5. There may be no symptoms **TRUE**
6. Rash in vaginal area (private part) **FALSE**
7. Swelling in vaginal area (private part) **FALSE**
8. Early cervical cancers usually present with symptoms **FALSE**

#### **D. Which of the following may indicate advanced cervical cancer (TRUE OR FALSE)?**

- (i) irregular, intermenstrual bleeding (bleeding between periods) or abnormal vaginal bleeding after sexual intercourse **TRUE**
- (ii) pain at the lower back, leg or pelvis **TRUE**
- (iii) fatigue/tiredness, weight loss and loss of appetite **TRUE**
- (iv) vaginal discomfort or odorous discharge from vagina **TRUE**
- (v) Swollen leg on one side **TRUE**

### **IV. KNOWLEDGE OF CERVICAL CANCER SCREENING AND PAP SMEARS**

#### **E. Regarding cervical cancer screening through pap smears (TRUE OR FALSE)?**

1. Pap smear (test) can help detect early cervical cancer **TRUE**
2. Pap smear is only for married women **FALSE**
3. In developed countries, pap smear is advisable for women 18 years or over who have started having sexual intercourse **TRUE**
4. In a developing country like Nigeria, pap smear is advisable for sexually active women starting from the age of 30 years **TRUE**
5. In developed countries, pap smear is advised for all women after 2 years of starting sexual activity **TRUE**
6. Only women whose periods (menstruation) have stopped (usually above 50 years of age) should have pap smears **FALSE**
7. Only women that have had cervical cancers or those whose family members have had it should have pap smears **FALSE**
8. Pap smears should be done at least every 2 years for those who are eligible **TRUE**
9. Pap smears should be done only once in a lifetime **FALSE**

#### **F. Ways to screen for cervical cancer include (TRUE OR FALSE)?**

1. Blood test **FALSE**
2. The Pap Test or Pap Smear **TRUE**
3. Liquid-based cytology **TRUE**
4. Urine test **FALSE**

5. Human Papilloma Virus (HPV) testing **TRUE**

## V. **KNOWLEDGE OF VACCINATIONS**

### G. **Regarding cervical cancer prevention through HPV Vaccinations (TRUE OR FALSE)?**

1. HPV vaccinations are painful or dangerous **FALSE**
2. HPV vaccination is currently free in Nigeria **FALSE**
3. HPV vaccination is ineffective against cervical cancer **FALSE**
4. HPV vaccination is highly recommended for everyone **TRUE**
5. Is recommended for boys and girls aged 9 to 13 years **TRUE**
6. Is best given after the onset of sexual activity **FALSE**
7. Can treat HPV infection even after the virus has been contracted **FALSE**
8. Can be used in place of cervical cancer screening **FALSE**
9. Once vaccinated, a woman no longer needs screening for cervical cancers **FALSE**
10. Can protect against other sexually-transmitted diseases **FALSE**
11. Once received, there is no need to use condoms if one must have sexual activity **FALSE**
12. Once received, pre-marital sex is allowed **FALSE**
13. To get it, one needs to see his or her doctor and find where it can be obtained **TRUE**
14. Human Papilloma Virus (HPV) Vaccine can help protect against cervical cancers **TRUE**
15. To be effective, HPV Vaccine is recommended before the first exposure to sexual activity **TRUE**

### H. **The Human Papilloma Virus (HPV) is (TRUE OR FALSE)?**

1. A bacteria **FALSE**
2. Sexually transmissible **TRUE**
3. Mainly transmitted at the very first sexual activity if unprotected **TRUE**
4. More easily transmitted to women who have sex at very young (teenage) ages **TRUE**
5. Preventable by avoiding sexual intercourse **TRUE**
6. Preventable by using condoms **TRUE**
7. Responsible for nearly all cases of cervical cancers **TRUE**
8. Transmissible also by non-penetrative sex (like skin-to-skin genital contact) **TRUE**

### I. **Infection from the Human Papilloma Virus, HPV (TRUE OR FALSE)?**

1. Can take 15 to 20 years before developing to cervical cancer in immunocompetent individuals **TRUE**
2. Can take only 5 to 10 years to develop in women with weakened immune systems, such as those with untreated HIV infection **TRUE**
3. Causes cervical cancer within 2 years of contracting it **FALSE**
4. Can also cause cancers of the anus, vulva, vagina, penis and throat **TRUE**
5. Can also cause non-cancer diseases in the genitalia, nose, mouth and lungs **TRUE**
6. Can cause HIV/AIDS **FALSE**

## VI. **KNOWLEDGE OF PREVENTIVE PRACTICES**

### J. **Cervical cancer can be prevented by (TRUE OR FALSE)?**

1. Suitable lifestyle modifications **TRUE**
2. Relevant vaccinations **TRUE**
3. Avoiding regular screenings for cervical cancer **FALSE**
4. Male circumcisions **TRUE**
5. Use of condoms by those already engaged in sexual activity **TRUE**
6. Engaging in sexual intercourse with multiple partners **FALSE**

**TOTAL: 96 questions**