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NURSE'S ROLE IN PREVENTION OF MAMMARY GLANDS' BENIGN NEOPLASM APPEARING

Mastopathy is one of the most widely spread women's diseases not only in Ukraine but in the world as well. It can result in appearing mammary glands' benign neoplasm and increase the risk of developing the breast cancer in three-five times. Moreover more than 12 million of Ukrainian women have already met that diagnosis and 20 thousands of them have big risk to pass into cancer.

The **objective** of the paper is to find out the future nurses' knowledge level about the given problem, the reasons of late diagnostics, and nurse's role in its appearing and prevention.

Results and discussion. Mastopathy is benign disease of mammary glands that is caused by hormonal misbalance that results in pathological growth of tissue. The endocrinal misbalance is caused under the influence of different unfavorable factors and finally the human body produces less such a hormone as progesterone. This process leads to the overgrowth of mammary tissue and within certain time the breast cancer may appear.

Conclusion. Thus, nurse should inform women about reasons, signs and aftereffects of that disease which especially quickly can appear after 40. Nurses must explain that being attentive to own health is just of primary necessity. Every woman in every age must follow such rules: regularly consult the doctor, make mammography especially in elder age, use correct uplifts, bear children, have well-balanced or light diet, refuse from smoking and drinking, be active