Abstract
Background: breast cancer still continues the most frequent neoplasia in Cuba and worldwide. Objective: to modify the knowledge about risk factors and breast autoexam technique. Method: an educational intervention study in two doctor's offices of Camalote, in Guáimaro, from 2007 to 2008 was performed. The study universe was constituted by two-hundred eighty three women, between thirty and fifty years old, the sample remain conformed by sixty patients. A survey was applied that contains the selected variables. The obtained results were processed by automated methods, being used the statistical package Microstat. Results: the bad dietetic habits with (31.67%) and hormonal factors (21.66%) were the risk factors found, the 28.33% considered it important and carried out the mammary autoexam the 8.3%. After the educational intervention 53.33% began to carry out the technique taught starting from interiorize its importance. Conclusions: the intervention program was effective when being able to increase in a significant way the level of knowledge of all the analyzed variables.

Keywords
Risk factors, breast self- examination, intervention studies, adult, neoplasms, post-traumatic.