Effect of M-Health Apps on Breast Cancer Prevention and Treatment

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Background: M Health apps are a part of E Health applications and include the use of mobile communication technologies with support of health care functions, such as data collection, screening, health training, observation, and patient care in health promotion. Since breast cancer is one of the most common types of cancer and the second leading cause of cancer death in women, and given the increasing number of M Health apps in preventing and treating breast cancer, it is necessary to understand the impact of such applications. Objective: This study aims to investigate the effect of using M Health apps on breast cancer prevention and treatment. Methods: In this narrative review study, the papers were inquired in electronic sources and database, such as Scopus, Google Scholar, Science Direct, and MEDLINE, from 2010 to 2020. The keywords were breast cancer, M Health apps, screening, prevention, and treatment. In the first inquiry, 70 articles were found, and finally, 15 articles were included in the study. Findings: Promising findings of M Health apps were obtained on diet modification, physical activity improvement, quality of life improvement, and stress reduction, which facilitate the care management of breast cancer. There are few studies on the effect of M Health apps in the prevention and early detection of breast cancer, but their beneficial effects were approved.Conclusion: M Health apps positively affect the health systems by improving access to services and quality of health care as well as reducing costs. Healthcare managers and policy-makers could take into account the M Health apps for preventing and treating breast cancer.