

GIRL SCOUTS



Girl



Scouts, Hornets' Nest Council
7007 Idlewild Road • Charlotte, NC 28212
704-731-6500 Outside Mecklenburg 800-868-0528
Website: www.hngirlscouts.org

Breast Health Awareness Patch Program



Revised 05/26/2004

This Patch Program is designed to promote health awareness among girls and young women. Participants will learn about the importance of breast health by participating in activities, completing service projects, and researching topics related to breast health awareness. All age levels are invited to participate in this program. Patches may be purchased in the GSHNC Store.

Local Contacts:

- American Cancer Society, 1-800-ACS-2345
- Health Department, 704-336-8500
- Susan G. Komen, 704-442-RACE
- Discovery Place, 704-372-6261

Requirements

DAISIES: Must complete requirement 1 and 1 other requirement.

1. Learn and name the three components of breast health.
2. Play breast bingo.
3. Draw/write/create something about Juliette Low and breast cancer/breast health.
4. Distribute pink ribbons during breast health month (October).

BROWNIES: Must complete requirement 1 and at least 2 of the other requirements.

1. Learn and name the three components of breast health.
2. Play breast bingo.
3. Draw/write/create something about Juliette Low and breast cancer/breast health.
4. Distribute pink ribbons during breast health month (October).
5. Participate in a community breast health event.

JUNIORS: Must complete requirement 1 and at least 3 of the other requirements.

1. Learn and name the three components of breast health. Ask at least one adult (over age 35) if she practices all three components and obtain her signature.
2. Play breast bingo.
3. Draw/write/create something about Juliette Low and breast cancer/breast health.
4. Distribute pink ribbons during breast health month (October).
5. Participate in a community breast health event.

CADETTES, SENIORS: Must complete requirements 1, 2, 3 & 4 and at 2 of the other requirements.

1. Learn and name the three components of breast health. Ask three adults if they are practicing all three components.
2. Learn at least six factors for breast cancer.
3. Learn and name the “5 P’s” associated with breast self-exams.
4. Make a list of resources in your community related to breast cancer/breast health (ex. non-profit organizations, mammography facilities, support groups).
5. Make ribbons (at least 10) to donate to a local Breast Health/Breast Cancer organization.
6. Interview a survivor (include at least 5 questions) and share your results with other girls.
7. Invite a survivor to speak to a troop/group.
8. Identify 5 notable women who have survived/died of breast cancer. Why is early detection & prevention is important and what the treatment options are for breast cancer.
9. Participate in a community breast cancer event.

Breast Cancer Fact Sheet

. . . Did you know?

NATIONALLY

- Every woman is at risk for breast cancer.
- One in eight American women will get breast cancer during her lifetime.
- Breast cancer risk increases with age. More than 75% (3/4) of breast cancer cases are in women who are 50 and over.
- A 1991 National Cancer Institute survey found that 10% of women 65 and older knew that they were at greater risk for breast cancer as they age.
- More than 80% of breast cancers are diagnosed in women who have no family history of the disease; to date, only 5 to 10% of breast cancers can be attributed to a cancer gene.
- Over 90% of women whose breast cancer is detected in the early localized stages are alive five years later.
- Regular mammography screening offers the best chance for lowering the death rate from breast cancer. A mammogram can detect cancer up to 2 years before it can be felt with breast self-examination.
- Guidelines for good breast health are:
 - ▶ Yearly clinical breast examination (CBE)
 - ▶ Regular mammogram
 - ▶ Monthly breast self-exam (BSE)
- Hispanic American women have lower incidence rates of breast cancer than do their white non-Hispanic and African American counterparts. However, breast cancer in Hispanic women is increasing faster than in other women.
- Hispanic American and African American women have a poorer survival rate from breast cancer than do white non-Hispanic women. Part of the reason for poorer survival rates in minority populations is the advanced stage of the disease at the time of diagnosis.
- There are no known means of preventing breast cancer, but ongoing research holds promise for finding nutritional, environmental and physical exercise related strategies to prevent this disease.

How to do a Monthly Breast Self-exam

Checking your breasts every month is important for your good health. By checking your breasts, you will learn what your breasts normally feel like and you'll be able to spot any changes that might be harmful. The earlier you catch breast changes, the healthier your breasts will be. If you notice a change, it is important to notify a health care provider right away.

A breast self-exam is easy. Everyone can do it. Do your exam the same way on the same day each month. This flyer will show you how.

There are two parts to a Breast Self-Exam: looking and feeling.

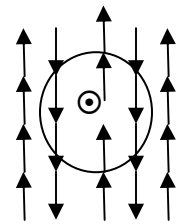
Begin by Looking. Stand at a mirror with your arms at your sides. Look at your breasts. It is normal for one breast to be bigger than the other, but your breasts should otherwise look pretty much the same. Be on the lookout for any differences in color, any dimpling, rashes or flaky skin or nipple discharge.

Next, put your hands on your hips and again look for puckering or other changes. Bend over slightly. Look at the position of your nipples. Then raise your arms above your head and carefully look at all sides of both breasts and underarms. Notice any changes or anything unusual.

Next, lie down to feel your breasts. Place a pillow or folded towel underneath your right shoulder and place your right hand behind your neck. If you are a large breasted woman, roll over farther on your side. With your left hand, examine your right breast.

Using the pads (not the tips) of your three middle fingers, press down in small circular motions. Make one circle with light pressure, another circle on the same spot with medium pressure and a third circle with deep pressure in the same spot.

Your hand should move in a vertical pattern, up and down your breasts. Start on the outside of your breast, near the armpit, and go up and down until you have checked your whole breast area. Go from the armpit down to the rib underneath the breast. Be sure to go all the way from one side of the breast to the other. As you examine your breast, press down in small circles up and down your breasts. Feel for changes in your breasts. Feel for lumps, knots or little balls.



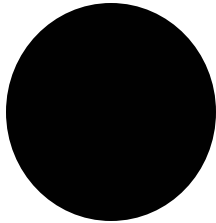
As you check your breasts, use three levels of pressure: light, medium and hard. When you reach the nipple, press to feel any lumps underneath. Then, move the pillow under the other shoulder and roll to the other side. Using your right hand this procedure on the left breast.

For a free or reduced-cost mammogram or for other women's health services, call the Mecklenburg County Health Department at 704-336-6500.

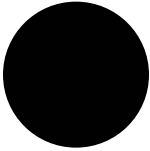
Early Detection is the Best Protection

Breast cancer is nearly 100% curable if detected early. The combination of monthly breast self-exams, regular clinical breast exams and yearly mammograms are the keys to finding breast cancer in its earliest stages when tumors are smallest.

Size of lumps:

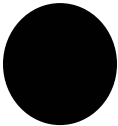


The average lump found by women who do not practice self-breast exams or have mammograms is the size of a ping-pong ball.



their

The average lump found by women who occasionally exam their own breasts is size of a large button.



The average lump found by women who exam their own breasts each month.



The average lump found by a healthcare provider giving a clinical breast exam.



The average lump on a one-time mammogram.



The average lump by getting mammograms every year.

Resource List

Girls are invited to visit any of the following locations to gather information.

WEBSITES:

- www.cancer.org

YOUR LOCAL LIBRARY

MAMMOGRAM FACILITIES

- Hospitals
- Medical Centers
- Health Departments

SUPPORT GROUPS

- Local women's groups
- American Cancer Society
- Buddy Kemp Caring House (Mecklenburg Co.)
- Blumenthal Cancer Center (Mecklenburg Co.)
- Newspapers

COMMUNITY EVENTS

- Relay For Life (ACS)
- Susan G. Komen Race for a Cure
- Local events (check newspaper, hospitals, survivors, etc.)

ORGANIZATIONS

- American Cancer Society 1-800-ACS-2345
- National Breast Cancer Coalition 1-800-622-2345
- National Alliance of Breast Cancer Organizations 1-212-889-0606
- National Cancer Institute 1-800-4-CANCER
- Y-ME National Breast Cancer Organization 1-800-221-2141
- YWCA Encore Plus Program 1-800-95E-PLUS
- Susan G. Komen 1-800-IM-AWARE

SERVICE PROJECT OPPORTUNITIES

- Relay For Life (ACS)
- Making Strides Against Breast Cancer (ACS)
- Race For a Cure (Susan G. Komen)
- Tell A Friend (ACS)
- Bells for Remembrance, local health department
- Pink Ribbon Campaign, local health department
- Educating other young women about good breast health
- Recognizing breast cancer survivors

Pink Ribbon Week Campaign Information

WHAT: A statewide breast cancer awareness campaign.

WHEN: *Pink Ribbon Week* usually occurs in October.

ACTIVITY: Pink ribbons are distributed to community businesses, organizations and/or places of worship.

HOW: The campaign is implemented by the county health department, in collaboration primarily with groups/individuals that serve, work with and are part of BCCCP target population(s). In addition, recruited volunteers may assist in ribbon cutting and distribution for the Planning Committee.

WHO: Sponsored statewide by the NC Comprehensive Breast and Cervical \ Center Control Program, the NC southern Appalachia Leadership Initiative on Cancer and the Southeast Division of the American Cancer Society. The state *Pink Ribbon* Planning Committee is comprised of representatives from the above agencies, as well as various health departments, hospitals and other agencies.

CAMPAIGN OBJECTIVES:

- Create an opportunity for your county health department to expand and enhance collaborative efforts with groups/individuals that serve, work with and are part of the BCCCP target population(s). The collaborative efforts can provide community outreach contacts for volunteer leadership for other campaign committees promoting breast and cervical cancer.
- Create an opportunity for county health departments to be highly visible in their communities through outreach to local community groups and leaders via pink ribbon activities.
- Create an opportunity (via cutting ribbon/preparations/distribution) for groups of women to get together to learn/share thoughts regarding breast health.
- Raise a statewide awareness via local county efforts regarding the importance of early detection of breast cancer.

PREPARATION STEPS:

1. Cut each roll of ribbon into 5” strips. Each roll will make approximately (720) 5” ribbons. Here is a tip that might make your ribbon cutting easier. When cutting strips of ribbon, wrap ribbon about 10 times around an empty toilet paper roll. Snip the ribbon at an angle as it goes around the roll. You have a 5” strip for a ribbon! There is no measuring to be done. Then, wrap another 10 times and keep repeating.
2. Fold a strip into a ribbon and pin it on the printed pink ribbon bookmark.
3. Put 1 cover letter & requested # of assembled ribbons for each order into an envelope.
4. Write in pencil on the envelope the name of the groups for whom the packet is prepared.
5. Call your local Health Department to deliver your ribbons.

FAQ'S About the Pink Ribbon Campaign

Q – Where do I get the bookmarks?

A –Your local health department should have bookmarks.

Q – Do I have to use the bookmarks to participate?

A – No, you do not even have to involve your local health department in your pink ribbon campaign. Your troop may decide to carry out the pink ribbon campaign in a unique way. The purpose is to spread the message about breast cancer/breast health.

Q – Where do I get pink ribbon?

A – Your local health department may be able to supply some ribbon, but supplies are limited. You may have to purchase the pink ribbons yourself. The preferred color of the ribbons is a pale pink.

Thank you for helping in this breast cancer awareness campaign!

Tell A Friend Information

Goals for the Girl Scout *Tell A Friend, A Grandmother, A Mom, An Aunt, A Teacher Activity*

Girl Scouts are to encourage women, age 40 and over, to go for a mammogram if they have not had on this year.

Scouts would contact two or three women they know and love, sharing Pink Ribbon bookmarks, literature about mammograms or simply asking them to have a mammogram. (Pink Ribbon bookmarks are available from the local health department; mammogram literature is available from the American Cancer Society at 1-800-ACS-2345.)

The Girl Scout would follow-up with the women to find out if they have made an appointment for a mammogram or have already had their mammogram. (The follow-up should occur within a four week time frame.)

Scouts will complete the Volunteer Contact sheet with their name and the names of the women contacted. These sheets are to be returned to: American Cancer Society, 500 E. Morehead Street, Suite 211, Charlotte, NC 28202.

Mammography: Questions and Answers

What is a mammogram?

It is an x-ray of the breast that gives a picture of the inside of the breast.

Is there any risk in having a mammogram?

You will get a very small dose of radiation. Experts tell us that there is only a very small risk from these low-dose x-rays.

My doctor has not recommended that I have a mammogram.

Maybe your doctor was seeing you for something else, and just did not think about it. As we grow older, our risk of breast cancer rises quickly. So, the American Cancer Society recommends that all women 40 and older have regular mammograms. You may want to call your doctor and talk to him or her about having a mammogram.

Who takes the mammogram?

An x-ray technologist. She is trained to keep you comfortable, to use the mammography machine safely, and to answer questions you may have. The mammogram is read by a specially trained doctor called a radiologist.

Should I have a mammogram even if I have no symptoms?

Yes, a mammogram can find breast cancer very early, 1 ½ to 2 years before it can be felt by a doctor. And finding breast cancer early is the best way to control it.

Does a mammogram find all cancers?

No test is 100% effective. The American Cancer Society advises that a doctor or other health care provider should check your breasts once a year. And you should check your own breasts once a month.

How much does a mammogram cost?

The cost usually ranges from \$50 to \$150. Many insurance plans cover the cost of a mammogram. If you are not covered by insurance, some hospitals and health clinics offer a low fee or free mammogram. Also, Medicare covers mammograms for women 65 and older.

Will the mammogram hurt?

You will feel some pressure during the x-ray, but it should not be painful. Any discomfort will only last a few seconds. Your breasts may be more sensitive just before your menstrual period. If you have periods, plan to go 1 or 2 weeks after the start of your period. If you are concerned, talk with the x-ray technologist before the test.

Where can I get a mammogram?

You may want to arrange an appointment through your doctor or clinic. The American Cancer Society in your area has a list of facilities that are approved for mammograms. Call 1-800-ACS-2345.

Asking a Woman to Get a Mammogram

Reasons Women Say No – And What You Can Say in Response

Here are some reasons women give for not having mammograms. Suggested Responses are provided, but also think about what you would say if your friend or a family member gave you one of these reasons for not getting a mammogram.

I just don't have time OR I don't want to think about it.

I'm like that sometimes, too. But if someone in your family needed an exam, you probably would call. You need to take the time to take care of yourself, too. Taking care of yourself means that you will be there to take care of your family. It gets harder the longer you put it off, I know. Why don't you call right now, while it is on your mind? I've got the phone numbers right here.

I've heard that it hurts.

It is true that you may feel some pressure during the x-ray. This is needed to get a good picture of what your breast looks like. It may be uncomfortable, but it only takes a few seconds. If you have menstrual periods, plan to go 1 or 2 weeks after the start of your period – your breasts may be less tender then. If you are concerned, talk with the x-ray technologist about it first. She may be able to help.

I'm afraid to go.

If there someone who might be able to go with you? (Think about how you would answer this question. Do you know someone who might go with your friend? Is this something your might consider doing yourself?) Are there questions you have that you are afraid to ask? Write them down and give them to the x-ray technologist.

I'm too embarrassed.

Most mammograms are taken by women. And you will be given a cover-up to wear except while the mammogram is actually being taken, so you have your privacy. And it does not take long – the whole appointment is over faster than most doctor visits.

No one in my family has had breast cancer.

Even so, all women are at risk, especially as we grow older. Most women who get breast cancer say that there is no breast cancer in their family.

My doctor hasn't told me to have one.

Maybe your doctor was seeing you for something else, and just didn't think about it. As a woman grows older, her chance of having breast cancer increases. So the American Cancer Society and other groups say that **all** woman 40 and older should have mammograms annually. If it will make you feel better, why don't you call your health care provider and talk to him or her about having a mammogram?

I have no symptoms.

Breast cancer in its earlier stages causes no symptoms. The good news is that a mammogram can find very small cancers long before symptoms appear. And when breast cancer is found early, the chance of being cured can be almost 100%.

I don't want to get an x-ray OR I hear that x-rays can be dangerous.

You only get a very small dose of radiation and it is not harmful.

I don't know how to get there.

(Think about how you would handle this question. Can you help your friend find a way to get there if she needs it? Is your *Tell A Friend* program offering any transportation services? Check with your volunteer coordinator or call ACS at 1-800-ACS-2345.)

I'm too old to worry; I'm too old to get it OR I've lived this long without it.

Three-fourths of all breast cancers occur in women over the age of 50; your risk goes up as you get older.

I can't afford it right now.

(Review the materials you have been provided about how women can get the cost of a mammogram covered. If you can't find the information you need, contact your volunteer coordinator for help or call 1-800-ACS-2345.)

(If you feel that your friend is using cost as an excuse not to get a mammogram, but could pay for it, try this response: "I know that it is one more expense. But isn't your health worth it? I know when the doctor says I'm okay, I always feel so much better. And if anything is wrong, it is worth the price to find out as soon as you can.")

If anything is wrong, I don't have a doctor to go to.

(Your kit should contain information about how to handle this problem. If you can't find the information you need, or don't recall what was said in your training, contact your volunteer coordinator or 1-800-ACS-2345 to find out.)

I don't know where to go.

(Help her find the best place to go by reading through the Mammography Resource Guide together, or call 1-800-ACS-2345.)

If I have it, I don't want to know OR It will just be something else to worry about.

Women who find a breast cancer early have the best chance for a full recovery. If you do find a problem and take care of it, you may avoid much more worry in the future.

Everyone has to die of something.

I agree. But breast cancer probably is not your first choice of how to end your life, and you don't want it to end sooner than necessary.

Tell A Friend, A Grandmother, A Mom, An Aunt, A Teacher

A Mammogram could save her life

*Breast cancer detected in its early stages
is highly curable, and mammography is the
best tool available for early detection.*

Girl Scout Information

Name: _____

Address: _____

City/Zip Code: _____

Phone: (____) _____

Friend, Family, Or Teacher Contacted	Contact Dates	Results of Contact
Name _____	1. _____	Mammogram Obtained?
Address _____	2. _____	Yes _____ Date _____
City/Zip _____	3. _____	No _____ Already had
_____	* AA API H	one this year _____
Phone (____) _____	M NA O W	Other _____
<hr/>		
Name _____	1. _____	Mammogram Obtained?
Address _____	2. _____	Yes _____ Date _____
City/Zip _____	3. _____	No _____ Already had
_____	* AA API H	one this year _____
Phone (____) _____	M NA O W	Other _____
<hr/>		
Name _____	1. _____	Mammogram Obtained?
Address _____	2. _____	Yes _____ Date _____
City/Zip _____	3. _____	No _____ Already had
_____	* AA API H	one this year _____
Phone (____) _____	M NA O W	Other _____

* Optional (circle one for each contact):

AA: African American API: Asian/Pacific Islander H: Hispanic

M: Multi-Racial NA: Native American O: Other W: White

Games

Breast Cancer Quiz

1. Who is at risk to develop breast cancer? _____
2. What is a mammogram? _____
3. The pink ribbon is a symbol for hope for a breast cancer cure.
True _____ False _____
4. Nearly 97% of women who are diagnosed with breast cancer at an early stage survive for at least 5 years.
True _____ False _____
5. Most lumps that are found in the breast do turn out to be cancer.
True _____ False _____
6. All women are considered to be at risk for developing breast cancer at some point in their lifetime.
True _____ False _____
7. Lumps big enough to feel can all be seen on a mammogram.
True _____ False _____
8. After age 40, women should have mammograms once a year.
True _____ False _____
9. Mammograms can detect cancers several years before a woman or her health care provider can feel a lump.
True _____ False _____
10. What percentage of breast cancers is found in women aged 40 and over?
50% _____ 75% _____ 85% _____ 95% _____

Answers to the Breast Cancer Quiz

1. **Everybody:** Less than 1% of breast cancers occur in men.
2. **An x-ray picture of the breast from the top and the side**
3. **True:** Pink Ribbon Week is a statewide breast cancer public awareness campaign.
4. **True**
5. **False:** Most breast lumps or thickenings are NOT cancer. A woman knows best what is “normal” or different for her, breast changes you find should be checked by a health care professional.
6. **True:** Every woman is at risk for developing breast cancer and the risk increases with age.
7. **False:** About 10%-15% of cancers that can be felt, do not show up on a mammogram. That is why it is important to do monthly breast self-exams and have an annual exam by a health care professional beginning at age 20.
8. **True:** This is one of the guidelines of the American Cancer Society for good breast health.
9. **True**
10. **95%**

The logo of the American Cancer Society, which is a black inverted triangle with the text "American Cancer Society" centered inside in white.

American
Cancer
Society

Breast Health BINGO!

HOW TO PLAY THE GAME:

- Give to each player a BINGO sheet
- Use the Breast Health Bingo questions as a call sheet
- After you use find the answer from the Breast Health Bingo questions mark through it
- **Have Fun!**

HOW TO WIN THE GAME:

- The first player to get:
 - Four Corners
 - Diagonal
 - Horizontal
 - Full Card
- Wins the Game (see attached sheet)
- The winner must read the “winning” statements: what’s marked

GIVE THE WINNER(S) A PRIZE:

OTHER INFORMATION:

- Items needed to play the game:
 - Marker, pencil, crayon, etc.
 - BINGO sheet
 - Players
- There are 4 different BINGO sheets
- Copy sheets before using, in case you need extras

Breast Health BINGO

1. What is breast cancer?
The most common form of cancer found among women in the US.
2. How many women will be diagnosed with breast cancer this year?
Over 200,000
3. How many men will be diagnosed with breast cancer?
Over 1,600
4. What are the most important screening methods?
Mammogram, clinical breast exam and self breast exams
5. Am I at risk for breast cancer?
Yes, all women are at risk
6. What is the name of this event?
Scouting for the Cure™
7. What famous Girl Scout died from breast cancer?
Juliette Gordon Low
8. What is a breast cancer awareness symbol?
Pink Ribbon
9. Why is there a Scouting for the Cure™?
To teach young girls about breast health
10. What is a phone number to call to get information about breast cancer and breast health?
1-800-I'M AWARE
11. The mission of the Susan G. Komen Breast Cancer Foundation is to eradicate breast cancer as a life-threatening disease by doing what?
Advancing research, education, screening and treatment
12. What is the average lump found by accident?
The size of a silver dollar
13. What is a mastectomy?
The breast is surgically removed
14. What are the common forms of treatment?
Surgery, chemotherapy, radiation and hormone therapy
15. What is the name of the race that is held on the first Saturday of October in Uptown Charlotte every year?
Race for the Cure®
16. Having a lump surgically removed from the breast without removing the breast is called what?
Lumpectomy

17. Does breast cancer always lead to death?
No. With regular screenings, breast cancer can be detected early.
18. What are abnormal cells that can grow out of control and invade normal breast tissue?
Malignant tumors
19. How often should you get mammograms?
Annually after age 40
20. How often should you have a clinical breast exam?
Every three years starting at age 20
21. What is an anti-cancer drug that keeps the cancer from spreading, slows the growth of the cancer or kills cancer cells in the body?
Chemotherapy
22. What are high-energy X-Rays that destroy cancer cells that weren't removed during surgery?
Radiation
23. Is there a website I can visit for more information?
www.komen.org
24. What type of breast cancer has spread into nearby tissue?
Invasive
25. What is an X-Ray of the breast that only takes a few minutes?
Mammogram
26. You should do these at least once a month.
Breast Self-Exam

B I N G O

Radiation	Yes, all women are at risk	Every three years starting at age 20	Over 1,600 men	The most common form of cancer found among women in the USA
Scouting for the Cure™	No, with regular screenings, breast cancer can be detected early	Over 200,000 women	Annually after age 40	Surgery, chemotherapy, radiation and hormone therapy
Mammogram	1-800-I'M AWARE	FREE "Early Detection Saves Lives"	Juliette Gordon Low	Malignant Tumors
Mammogram, clinical breast exam, self breast exam	Chemotherapy	Lumpectomy	Pink Ribbon	Teach young girls about breast health
The breast is surgically removed	Advancing research, education, screening and treatment	www.komen.org	The size of a silver dollar	Invasive

B I N G O

Race for the Cure®	Advancing research, education, screening and treatment	Malignant tumors	www.komen.org	Breast Self-Exam
Invasive	Most common form of cancer found among women in the US	The breast is surgically removed	Mammogram, clinical breast exam, self breast exam	Scouting for the Cure™
Annually after age 40	Chemotherapy	FREE "Early Detection Saves Lives"	Juliette Gordon Low	Lumpectomy
Over 1,600 men	Surgery, chemotherapy, radiation and hormone therapy	Yes, all women are at risk	Every three years starting at age 20	1-800-I'M AWARE
To teach young girls about breast health	The size of a silver dollar	Radiation	Over 200,000 women	Mammogram

B I N G O

Lumpectomy	Over 1,600 men	Breast Self-Exam	Advancing research, education, screening and treatment	Scouting for the Cure™
1-800-I'M AWARE	Invasive	Annually after 40	Over 200,000 women	The most common form of cancer found among women in the US
Juliette Gordon Low	Race for the Cure®	FREE "Early Detection Saves Lives"	Surgery, chemotherapy, radiation and hormone therapy	Mammogram
Radiation	Chemotherapy	Pink Ribbon	The breast is surgically removed	To teach young girls about breast health
Yes, all women are at risk	No, with regular screenings, breast cancer can be detected early	The size of a silver dollar	Malignant tumors	Mammogram, clinical breast exam, breast self-exam

B I N G O

Annually after age 40	Yes, all women are at risk	The most common form of cancer found among women in the US	The breast is surgically removed	Radiation
The size of a silver dollar	Over 200,000 women	Every year starting at age 20	Juliette Gordon Low	Lumpectomy
Malignant tumors	Mammogram, clinical breast exam, breast self-exam	FREE "Early Detection Saves Lives"	Over 1,600 men	Scouting for the Cure™
1-800-I'M AWARE	Mammogram	To teach young girls about breast health	Race for the Cure®	Breast self-exam
Invasive	Advancing research, education, screening and treatment	No, with regular screenings, breast cancer can be detected early	Pink ribbon	Surgery, chemotherapy, radiation and hormone therapy