

Breast Health Awareness Patch Program



Breast Health Awareness Patch Program

This Patch Program is designed to promote breast health awareness among 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. Following the patch program requirements, this patch booklet contains information about breast health and many activities related to breast health awareness.

Requirements

DAISIES: Must complete requirement #1 and 1 other requirement.

1. Learn and name three components of breast health.
2. Play breast bingo.
3. Draw/write/create something about Juliette Gordon Low and breast cancer/breast health.
4. Distribute pink ribbons during National Breast Cancer Awareness Month (October).

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

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

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

1. Learn and name three components of breast health. Ask three adults if they are practicing all three components.
1. Learn at least six factors for breast cancer. Learn about prevention, detection, and treatment options.
2. Make a list of resources in your community related to breast cancer/breast health (ex. non-profit organizations, mammography facilities, support groups).
3. Make ribbons (at least 10) to donate to a local breast health/breast cancer organization.
4. Interview a survivor (include at least 5 questions) and share your results with other girls.
5. Invite a survivor to speak to a troop/group.
6. Identify 5 notable women who have survived/died of breast cancer.
7. Participate in a community breast health event.

Breast Health Awareness Fact Sheet

. . . Did you know?

- Every woman and man is at risk for breast cancer.
- 1 in 8 American women will get breast cancer during her lifetime. 1 in 1,000 American men will develop breast cancer.
- Breast cancer is the second most commonly diagnosed cancer in women (skin cancer is the most common). Of women who have cancer, breast cancer is the second leading cause of cancer death (lung cancer is the leading cause).
- Breast cancer risk increases with age, which means that an older woman has a greater chance of developing breast cancer than a younger woman.
- About 85 % of breast cancers are diagnosed in women who have no family history of the disease; to date, only 10% of breast cancers can be attributed to inherited gene mutations (passed from mother or father).
- 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 early detection, which leads to an increased likelihood of effective treatment. Sometimes a mammogram can detect cancer up to 2 years before it can be felt by a doctor.
- Guidelines for good breast health are:
 - ▶ Know your risk
 - Talk to your family about your health history and to your doctor about your personal risk
 - ▶ Make healthy lifestyle choices
 - Maintain a healthy weight
 - Add exercise to your routine
 - Limit alcohol intake
 - Adults: Limit postmenopausal hormone use
 - Moms: Breastfeed if possible
 - ▶ Know what is normal for you (Breast Self-Awareness)
 - Know how your breasts look and feel; report any changes to you doctor right away.
Some warning signs:
 - Lumps, hard knots, or thickening
 - Swelling, warmth, redness, or darkening
 - Change in size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly, sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away
 - ▶ Get screened – ask your doctor which tests are right for you and when to have them done
 - Yearly **mammogram** (these start at age 40 for the average woman)

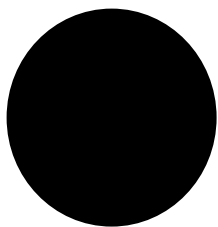
- **Clinical breast exam** (these start at age 20 for the average woman)

- 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 delayed detection of the disease, leading to an 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.
- The most significant risks for developing breast cancer are gender (being female) and age (risk increases as you grow older).

Early Detection is the Best Protection

Breast cancer is nearly 99% treatable if detected in early stages. The combination of breast self-awareness, 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 by accident is the size of a silver dollar.



The average lump found by a first time mammogram.



The average lump found by a yearly mammogram when past mammograms can be compared.

Resource List

ORGANIZATIONS

- Susan G. Komen 1-877-465-6636; ww5.komen.org
- American Cancer Society 1-800-227-2345; www.cancer.org
- National Breast Cancer Coalition 1-800-622-2838; www.breastcancerdeadline2020.org
- National Breast Cancer Foundation ; www.nationalbreastcancer.org
- National Cancer Institute 1-800-4-CANCER; www.cancer.gov
- YWCA Encore Plus Program 1-202-467-0801
- North Carolina Breast and Cervical Cancer Control Program <http://bcccp.ncdhhs.gov/>
- Best Chance Network for women's cancer screening (SC program): <http://www.scdhec.gov/health/chcdp/cancer/bcn.htm>
- Breast Cancer Resource Directory of NC: <http://bcresourcedirectory.org/>

MAMMOGRAM FACILITIES

- Hospitals
- Medical Centers / Clinics
- Health Departments

*Note: Women in financial need: NC women in financial need may be able to obtain breast or cervical screening at low or no cost through the NC Breast and Cervical Cancer Control Program. SC women in financial need may be able to obtain screenings through the Best Chance Network for women's cancer screening. Susan G. Komen Charlotte has information on mammograms available for uninsured or underinsured women in the Komen Charlotte Service Area at 704-817-4078

COMMUNITY EVENTS

- Susan G. Komen Race for the Cure
- Making Strides (American Cancer Society)
- Relay For Life (American Cancer Society)
- Avon Walk for Breast Cancer (Avon Foundation)
- Local events (check newspaper, hospitals, survivors, etc.)

SERVICE PROJECT OPPORTUNITIES

- Race for the Cure (Susan G. Komen)
- Relay For Life (ACS)
- Making Strides Against Breast Cancer (ACS)
- Local organizations (ex. Cindy's Hope Chest, Carolina Breast Friends)
- Educating other women about good breast health
- Recognizing breast cancer survivors

SUPPORT GROUP OPPORTUNITIES

- Susan G. Komen Charlotte can assist with finding local support groups. Visit <http://komencharlotte.org/about-breast-cancer/support/>

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. It is about the same amount of radiation that one receive on an airplane flight from New York to California.

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 increases, especially after age 40. 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, taking into account your personal risk (may need to get mammograms earlier than age 40).

Who performs 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 / interpreted 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 or cause symptoms. Finding breast cancer early leads to better treatment options.

Does a mammogram find all cancers?

No test is 100% effective. Some tumors may be difficult to see on a mammogram but may be able to be felt by a doctor during a Clinical Breast Exam. The American Cancer Society advises that a doctor or other health care provider should check your breasts at least once every 3 years by doing a Clinical Breast Exam. It's a good practice to know what is normal for your breast and to keep an eye out for any changes. For more information, visit: <http://komencharlotte.org/about-breast-cancer/bsa/>

How much does a mammogram cost?

Most insurance plans cover the cost of a mammogram. The cost with no health insurance usually ranges from \$80 to \$150. If you are not covered by insurance, some hospitals and health clinics offer a low fee or free mammogram.

Will the mammogram hurt?

You will feel 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.

Where can I get a mammogram?

You may want to arrange an appointment through your doctor or clinic. Susan G. Komen Charlotte (704-347-8181 or www.komencharlotte.org) or The American Cancer Society (1-800-227-2345 or www.cancer.org)

Asking a Woman to Get a Mammogram

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

Below 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 would probably 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.

Is 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 you 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 or ask the questions ahead of time so that you feel prepared.

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. 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. About 85% of women who develop breast cancer have no family history of breast cancer.

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. The American Cancer Society and other groups say that all women 40 and older should have mammograms annually. 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 almost never causes symptoms. The good news is that a mammogram can find very small cancers long before symptoms appear. And when breast cancer is found in early stages, the chance of being effectively treated can be almost 99%.

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 considered harmful. It is the same amount of radiation that you would receive on an airline flight from New York to California.

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?)

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

95% of all breast cancers occur in women over the age of 40; your risk goes up as you get older. Don't you want to be around for your family and friends as long as possible?

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 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.

Most medical providers accept new patients all of the time. Local Health Departments also assist with breast cancer screenings and referrals.

I don't know where to go.

(Help her find the best center/clinic closest to her home or center that offers low or no cost mammograms)

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 in an early stage have the best chance for treatment success. 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.

Breast Health Awareness 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 and is a symbol for breast cancer awareness.
True _____ False _____
4. Nearly 99% 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. Starting at age 40, all women should have mammograms once a year.
True _____ False _____
9. Mammograms can detect cancer 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 Health Awareness 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**
4. **True**
5. **False:** Most breast lumps or thickenings are NOT cancer; 8 out of 10 lumps are not cancerous. 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 be self-aware and have routine exams 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%**

Breast Health BINGO!

HOW TO PLAY THE GAME:

- Give to each player a BINGO sheet
- In BINGO, the basic format is:
 - There is a Caller – someone who calls out the information / questions to be found on the BINGO sheets. If someone has the appropriate info on their sheet, they mark the square containing it.
 - House rules apply, but typically whenever someone has a complete row of marked squares (vertical, horizontal, or diagonal, plus house rules), they have a BINGO.
- Use the Breast Health Bingo questions as a call sheet; the answers to the questions are on the BINGO sheets
- **Have Fun!**

SUPPLIES:

- Marker, pencil, crayon, etc. (to mark boxes)
- BINGO sheets (4 different layouts)
- Question and Answer Sheet

HOW TO WIN THE GAME:

- The first player to get:
 - Four Corners
 - Diagonal
 - Horizontal
 - Full Card
- The winner must read the “winning” statements

GIVE THE WINNER(S) A PRIZE

Breast Health BINGO ?'s and Answers

- 1) What is breast cancer?
The second most common form of cancer found among women in the US (skin cancer is the most common)
- 2) How many women will be diagnosed with breast cancer this year in the U.S.?
About 230,000
- 3) How many men will be diagnosed with breast cancer in the U.S.?
About 2,000
- 4) What are the most important screening methods?
Mammogram, clinical breast exam, and self-awareness
- 5) Am I at risk for breast cancer?
Yes, all women and men are at risk
- 6) What famous Girl Scout died from breast cancer?
Juliette Gordon Low
- 7) What is a breast cancer awareness symbol?
Pink Ribbon
- 8) Which Girl Scout event was created to educate participants about breast health awareness?
Scouting for the Cure™
- 9) What is the average size lump found by accident?
The size of a silver dollar
- 10) What is a mastectomy?
The breast is surgically removed
- 11) What are the common forms of treatment for breast cancer?
Surgery, chemotherapy, radiation and hormone therapy
- 12) 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®
- 13) Having a lump surgically removed from the breast without removing the breast is called what?
Lumpectomy
- 14) Does breast cancer always lead to death?
No. With regular screenings, breast cancer can be detected early and can be highly treatable.
- 15) What are abnormal cells that can grow out of control and invade normal breast tissue?
Malignant tumor cells
- 16) How often should you get mammograms?
Annually starting at age 40
- 17) How often should you have a clinical breast exam?
At least every three years starting at age 20

18) 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

19) What are high-energy X-Rays that destroy cancer cells that weren't removed during surgery?

Radiation

20) What type of breast cancer has spread into nearby tissue?

Invasive

21) What is an X-Ray of the breast that only takes a few minutes?

Mammogram

22) What is one of the major risk factors for breast cancer?

Age, Gender

B I N G O

Radiation	Yes, all women and men are at risk	At least once every three years starting at age 20	About 2,000 men	The second 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 (when it is highly treatable)	About 230,000 women	Annually starting at age 40	Surgery, chemotherapy, radiation, and hormone therapy
Mammogram	Gender	FREE "Early Detection Saves Lives"	Juliette Gordon Low	Malignant Tumors
Mammogram, clinical breast exam, self breast awareness	Chemotherapy	Lumpectomy	Pink Ribbon	Race for the Cure
The breast is surgically removed	Advancing research, education, screening and treatment	Age	The size of a silver dollar	Invasive

B I N G O

Race for the Cure®	Advancing research, education, screening and treatment	Malignant tumors	Age	Breast Self-Awareness
Invasive	The second most common form of cancer found among women in the US	The breast is surgically removed	Mammogram, clinical breast exam, self breast awareness	Scouting for the Cure™
Annually starting at age 40	Chemotherapy	FREE "Early Detection Saves Lives"	Juliette Gordon Low	Lumpectomy
About 2,000 men	Surgery, chemotherapy, radiation, and hormone therapy	Yes, all women and men are at risk	At least once every three years starting at age 20	Gender
Pink Ribbon	The size of a silver dollar	Radiation	About 230,000 women	Mammogram

B I N G O

Lumpectomy	About 2,000 men	Breast Self-Awareness	Advancing research, education, screening and treatment	Scouting for the Cure™
Age	Invasive	Annually starting at age 40	About 230,000 women	The second 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	Gender
Yes, all women and men are at risk	No, with regular screenings, breast cancer can be detected early and can be highly treatable	The size of a silver dollar	Malignant tumors	Mammogram, clinical breast exam, breast self-awareness

B I N G O

Annually starting at age 40	Yes, all women and men are at risk	The second most common form of cancer found among women in the US	The breast is surgically removed	Radiation
The size of a silver dollar	About 230,000 women	At least once every 3 years starting at age 20	Juliette Gordon Low	Lumpectomy
Malignant tumors	Mammogram, clinical breast exam, breast self-awareness	FREE "Early Detection Saves Lives"	About 2,000 men	Age
Gender	Mammogram	Scouting for the Cure	Race for the Cure®	Breast self-awareness
Invasive	Advancing research, education, screening and treatment	No, with regular screenings, breast cancer can be detected early and can be highly treatable	Pink ribbon	Surgery, chemotherapy, radiation and hormone therapy