

GIRL SCOUTS

Think Pink!

Breast Health Awareness
Patch Program

Girl Scouts - North Carolina Coastal Pines
6901 Pinecrest Road
Raleigh, NC 27613
(800) 284-4475
www.nccoastalpines.org



Think Pink! is designed to promote breast 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 grade levels are invited to participate in this program. Patches may be purchased at the Fayetteville, Goldsboro, or Raleigh council stores.

Local Contacts:

- American Cancer Society, 1-800-ACS-2345 www.cancer.org
- Susan G. Komen, 800-IM-AWARE www.komen.org
- Alice Aycock Poe Center, (919) 231-4006 www.poehealth.org
- Cancer Information Service, <http://cancer.duke.edu/cis>

Requirements

GIRL SCOUT DAISIES: Must complete requirement 1* and 1 other requirement.

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

GIRL SCOUT 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 health bingo. (attached)
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.

GIRL SCOUT 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 health bingo. (attached)
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.

GIRL SCOUT CADETTES, SENIORS, AND AMBASSADORS: Must complete requirements 1*, 2*, 3*, & 4* and at least 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 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.
- This year, 216,000 women will be diagnosed with breast cancer.
- Having an immediate family member (mother, sister, daughter) with breast cancer increases a woman's chance of developing breast cancer 2 to 3 times compared to a woman with no family history of the disease.
- When breast cancer is confined to the breast, the five-year survival rate is over 95 percent.
- 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 information will tell you how.

There are two parts to a Breast Self-Exam: 1. Looking and 2. Feeling.

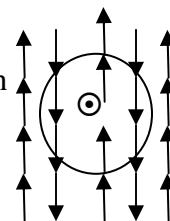
1. Looking. Stand at a mirror with your arms at your sides. Look at your breasts. It is normal for one breast to be bigger than the other, but your breasts should otherwise look pretty much the same. Be on the lookout for any differences in color, any dimpling, rashes or flaky skin or nipple discharge.

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.

2. Feeling. Lie down. 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.

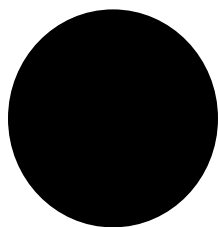


As you check your breasts, use three levels of pressure: light, medium and hard. When you reach the nipple, press to feel any lumps underneath. Then, move the pillow under the other shoulder and roll to the other side. Using your right hand, repeat this procedure on the left breast.

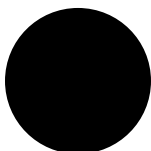
Early Detection is the Best Protection

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 breast self-exams or have mammograms is the size of a ping-pong ball.



The average lump found by women who occasionally exam their own breasts is the 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.

YOUR LOCAL LIBRARY

MAMMOGRAM FACILITIES

- Hospitals
- Medical Centers
- Health Departments

SUPPORT GROUPS

- Local women's groups
- American Cancer Society
- Newspapers

COMMUNITY EVENTS

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

ORGANIZATIONS

- American Cancer Society, 1-800-ACS-2345 www.cancer.org
- National Breast Cancer Coalition, 1-800-622-2838 <http://www.natlbcc.org/>
- National Cancer Institute, 1-800-4-CANCER <http://www.nci.nih.gov/>
- Y-ME National Breast Cancer Organization, 1-800-221-2141 <http://www.y-me.org/>
- Susan G. Komen, 1-800-IM-AWARE www.komen.org

SERVICE PROJECT OPPORTUNITIES

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

Pink Ribbon Week Campaign Information

- WHAT:** A statewide breast cancer awareness campaign.
- WHEN:** *Pink Ribbon Week* usually occurs in October. (But you can make and hand out pink ribbons all year long!)
- 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 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 or deliver them to your relatives, friends, and teachers.

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!

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.

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.

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.

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 women 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? 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 1-800-ACS-2345 to find out.)

I don't know where to go.

(Help her find the best place to go by calling 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.

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 Program: Facts and Figures as a call sheet
- After you use a statement from the Breast Health Program: Facts and Figures, mark through it
- **Have Fun!**

HOW TO WIN THE GAME:

- The winner is the first player to get either:
 - Four Corners,
 - Diagonal,
 - Horizontal, or
 - Full Card.
- 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 8 different BINGO sheets
- Copy sheets before using, in case you need extras

Breast Health Program: Facts and Figures

(As of June 2001)

FACTS:

- ◆ Breast cancer begins in the breast tissue.
- ◆ Local stage describes cancers confined to the breast.
- ◆ Other than skin cancer, breast cancer is the most common cancer among women.
- ◆ Breast cancer occurrence and mortality increase as the population ages.
- ◆ African-American women are more likely to die of breast cancer.
- ◆ Men account for about 1% of breast cancer occurrence and mortality.
- ◆ Between 1973 and 1996 breast cancer increased for women aged 40 and over.
- ◆ Five year survival rate for breast cancer increases as the age at diagnosis increases.
- ◆ African-American women with breast cancer are less likely than white women to survive five years.
- ◆ African-American women are more likely to be diagnosed at later stages of breast cancer.
- ◆ Most women who get breast cancer have no family history.
- ◆ Breast cancer can occur at any age, but it becomes more common as a woman gets older.
- ◆ In 2001, about 192,000 women will be diagnosed with breast cancer.
- ◆ Breast cancer patients with lower incomes have lower 5-year survival rates than high-income patients.
- ◆ Low-income African-American women are three times more likely to be diagnosed with advanced disease.

RISKS:

- ◆ Women aged 75-79 have the highest incidence rate of being diagnosed with breast cancer
- ◆ White women are more likely to develop breast cancer
- ◆ African-American women under age 50 have higher incidence rates
- ◆ A lack of health insurance is associated with lower survival among breast cancer patients
- ◆ The biggest risk factor for breast cancer is being a woman
- ◆ Women whose mothers or sisters had breast cancer, women who have had children, and women who have their first child after age 30
- ◆ Age 65 plus
- ◆ Two or more first-degree relatives with breast cancer diagnosed at an early age
- ◆ Ovaries not surgically removed before < age 40
- ◆ High economic status
- ◆ Northern US residence
- ◆ White women diagnosed after age 45
- ◆ African-American women diagnosed before age 40
- ◆ Late age at first full-term pregnancy
- ◆ Tall
- ◆ Never breast fed a child
- ◆ Recent hormone replacement therapy
- ◆ Late menopause (> 55 years)
- ◆ Never married
- ◆ Alcohol consumption (2 to 3 drinks, or more, per day)
- ◆ Recent oral contraceptive use
- ◆ History of cancer of endometrium, ovary, or colon
- ◆ Early menarche (< 12 years)
- ◆ Few pregnancies
- ◆ Jewish heritage
- ◆ Postmenopausal obesity

PREVENTION/EARLY DIAGNOSIS:

- ◆ Increase physical activity
- ◆ Lean women
- ◆ Women who have carried pregnancies to term
- ◆ Premenopausal
- ◆ Reduce alcohol intake
- ◆ Tamoxifen
- ◆ Monthly breast self examination
- ◆ Mammogram for women > 40 years old
- ◆ Clinical breast examination

BREAST HEALTH

B I N G O

In 2001, about 192,000 women will be diagnosed with breast cancer	White women are more likely to develop breast cancer.	Breast cancer begins in the breast tissue.	Ovaries not surgically removed before < age 40	Five-year survival rate for breast cancer increases as the age at diagnosis increases.
Recent oral contraceptive use	Other than skin cancer, breast cancer is the most common cancer among women.	Jewish heritage	The biggest risk factor for breast cancer is being a woman.	Breast cancer incidence and mortality increase as the population ages.
A lack of health insurance is associated with lower survival among breast cancer patients.	Breast cancer patients with lower incomes have lower survival rates.	FREE	Never breast fed a child	Monthly breast self-examination
Alcohol consumption (2 to 3 drinks or more per day)	Two or more first degree relatives with breast cancer diagnosed at an early age	Between 1973 and 1996 breast cancer increased for women age 40 and over.	Tall	Low-income African American women are three times more likely to be diagnosed with advanced disease.
Late age at full first-term pregnancy.	African-American women are more likely to die of breast cancer.	History of cancer endometrium, ovary, or colon	Northern US residence	Late menopause

BREAST HEALTH

B I N G O

Breast cancer begins in the breast tissue.	White women are more likely to develop breast cancer.	Low-income African American women are three times more likely to be diagnosed with advanced disease.	Five year survival rate for breast cancer increase as the age at diagnosis increases.	Never breast fed a child
Breast cancer patients with lower incomes have lower survival rates.	Other than skin cancer breast cancer is the most common cancer among women.	Never had a child	The biggest risk factor for breast cancer is being a woman.	Jewish heritage
A lack of health insurance is associated with lower survival among breast cancer patients.	Get a mammogram by age 40	FREE	Local stage describes cancers confined to the breast.	High economic status
Alcohol consumption (2 to 3 drinks or more per day)	Men account for about 1% of breast cancer incidence and mortality.	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	In 2001, about 192,000 women will be diagnosed with breast cancer.
Women aged 75-79 have the highest rate of being diagnosed with breast cancer.	African American women are more likely to die of breast cancer.	History of cancer endometrium, ovary, or colon	Recent replacement hormone therapy	Most women who get breast cancer have no family history.

BREAST HEALTH

B I N G O

Breast cancer can occur at any age, but it becomes more common as a woman gets older.	White women are more likely to develop breast cancer.	In 2001, about 192,000 women will be diagnosed with breast cancer.	Five year survival rate for breast cancer increases as the age at diagnosis increases.	Late menopause
Breast cancer patients with lower incomes have lower survival rates.	Other than skin cancer, breast cancer is the most common cancer among women.	Recent use of oral contraceptive	Men account for about 1% of breast cancer incidence and mortality.	Breast cancer incidence and mortality increase as the population ages.
A lack of health insurance is associated with lower survival among breast cancer patients.	The biggest risk factor for breast cancer is being a woman.	FREE	Local stage describes cancers confined to the breast.	Monthly breast self-examination
High economic status	Mammogram by age 40	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	Low income African American women are three times more likely to be diagnosed with advanced disease.
Alcohol consumption (2 or 3 drinks or more per day)	Women whose mothers or sisters had breast cancer	History of cancer endometrium, ovary, or colon	Clinical exams	Late age at full first term pregnancy

BREAST HEALTH

B I N G O

Breast cancer begins in the breast tissue.	White women are more likely to develop breast cancer.	Tall	Five year survival rate for breast cancer increases as the age at diagnosis increases.	Late age full term pregnancy
Breast cancer patients with lower incomes have lower survival rates.	Women aged 75-79 have the highest rate of being diagnosed with breast cancer.	African American women diagnosed before age 40	The biggest risk factor for breast cancer is being a woman.	Breast cancer incidence and mortality increases as the population ages.
Never had a child	High economic status	FREE	Local stage describes cancers confined to the breast.	Monthly breast self-examination
Get an annual clinical exam	Recent oral contraceptive use	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	Low income African American women are three times more likely to be diagnosed with advanced disease.
Late age at full first term pregnancy	African American women are more likely to die of breast cancer.	History of cancer endometrium, ovary, or colon	In 2001, about 192,000 women will be diagnosed with breast cancer.	Other than skin cancer, breast cancer is the most common cancer among women.

BREAST HEALTH

B I N G O

Jewish heritage	White women are more likely to develop breast cancer.	In 2001, about 192,000 women will be diagnosed with breast cancer.	Five year survival rate for breast cancer increases as the age at diagnosis increases.	Ovaries not surgically removed before < age 40
Breast cancer patients with lower incomes have lower survival rates.	Never breast fed a child	Never had a child	The biggest risk factor for breast cancer is being a woman.	Breast cancer incidence and mortality increases as the population ages.
A lack of health insurance is associated with lower survival among breast cancer patients.	High economic status	FREE	Other than skin cancer, breast cancer is the most common cancer among women.	Monthly breast self-examination
African American women with breast cancer are less likely than white women to survive five years.	Tall	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	Low income African American women are three times more likely to be diagnosed with advanced disease.
Late age at full first term pregnancy	African American women are more likely to die of breast cancer.	History of cancer endometrium, ovary, or colon	Northern US residence	Alcohol consumption (2 to 3 drinks or more per day)

BREAST HEALTH

B I N G O

Breast cancer can occur at any age, but it becomes more common as a woman gets older.	White women are more likely to develop breast cancer.	In 2001, about 192,000 women will be diagnosed with breast cancer.	Jewish heritage	A lack of health insurance is associated with lower survival among breast cancer patients.
Men account for about 1% of breast cancer incidence and mortality.	African American women diagnosed before age 40	Recent use of oral contraceptive	The biggest risk factor for breast cancer is being a woman.	Alcohol consumption (2 to 3 drinks or more per day)
White women diagnosed after age 45	Never had a child	FREE	Local stage describes cancers confined to the breast.	Ovaries not surgically removed before < age 40
Breast cancer incidence and mortality increase as the population ages.	Mammogram by age 40	Survival rate for women diagnosed with breast cancer is 85% five years after diagnosed.	Two or more first degree relatives with breast cancer diagnosed at an early age	Breast cancer patients with lower incomes have lower survival rates.
Do monthly breast self-examination	Women whose mothers or sisters had breast cancer	History of cancer endometrium, ovary, or colon	Get annual clinical exams	Women ages 75-79 have the highest rate of being diagnosed with breast cancer.

BREAST HEALTH

B I N G O

Breast cancer begins in the breast tissue.	White women are more likely to develop breast cancer.	Tall	Five year survival rate for breast cancer increases as the age at diagnosis increases.	Late age first full term pregnancy
Breast cancer patients with lower incomes have lower survival rates.	Women aged 75-79 have the highest rate of being diagnosed with breast cancer.	African American women diagnosed before age 40	The biggest risk factor for breast cancer is being a woman.	Breast cancer incidence and mortality increase as the population ages.
Never had a child	High economic status	FREE	Local stage describes cancers confined to the breast.	Monthly breast self-examination
Get an annual clinical exam	Recent oral contraceptive use	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	Low income African American women are three times more likely to be diagnosed with advanced disease.
Late age at full first term pregnancy	African American women are more likely to die of breast cancer.	History of cancer endometrium, ovary, or colon	In 2001, about 192,000 women will be diagnosed with breast cancer.	Other than skin cancer, breast cancer is the most common cancer among women.

BREAST HEALTH

B I N G O

Breast cancer can occur at any age, but it becomes more common as a woman gets older.	Never had a child	In 2001, about 192,000 women will be diagnosed with breast cancer.	Five year survival rate for breast cancer increases as the age at diagnosis increases.	Low income African American women are three times more likely to be diagnosed with advanced disease.
Breast cancer patients with lower incomes have lower survival rates.	Other than skin cancer, breast cancer is the most common cancer among women.	High economic status	White women are more likely to develop breast cancer.	Breast cancer incidence and mortality increase as the population ages.
Men account for about 1% of breast cancer incidence and mortality.	Recent use of oral contraceptive	FREE	A lack of health insurance is associated with lower survival among breast cancer patients.	Monthly breast self-examination
Get a mammogram by age 40	Alcohol consumption (2 to 3 drinks or more per day)	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Two or more first degree relatives with breast cancer diagnosed at an early age	Jewish heritage
History of cancer endometrium, ovary, or colon	Women whose mothers or sisters had breast cancer	Annual clinical exam	Age 65 plus	Breast cancer begins in the breast tissue.

BREAST HEALTH

B I N G O

History of cancer endometrium, ovary, or colon	White women are more likely to develop breast cancer.	Breast cancer begins in the breast tissue.	Ovaries not surgically removed before < age 40	Five year survival rate for breast cancer increases as the age at diagnosis increases.
Monthly breast self-exams	Other than skin cancer, breast cancer is the most common cancer among women.	In 2001, about 192,000 women will be diagnosed with breast cancer.	The biggest risk factor for breast cancer is being a woman.	African American women are more likely to be diagnosed at later stages of breast cancer.
White women diagnosed after age 45	Northern US residence	FREE	Never breast fed a child	Recent oral contraceptive use
Alcohol consumption (2 to 3 drinks or more per day)	Two or more first degree relatives with breast cancer diagnosed at an early age	Between 1973 and 1996 breast cancer increased for women aged 40 and over.	Jewish heritage	Low income African American women are three times more likely to be diagnosed with advanced disease.
Late age at full first term pregnancy	African American women are more likely to die of breast cancer.	Breast cancer incidence and mortality increase as the population ages.	Breast cancer patients with lower incomes have lower survival rates.	A lack of health insurance is associated with lower survival among breast cancer patients.

PINK RIBBON PATCH PROGRAM EVALUATION

Please have each girl who worked on this patch program complete this evaluation form. Your comments are an invaluable to Girl Scouts - North Carolina Coastal Pines. Thank you for taking the time to fill out this form.

<p>Tell us About You: Please place a check next to which best describes your nationality:</p> <p>_____ African-American _____ American Indian or Alaskan native _____ Asian or Pacific Islander</p> <p>_____ White _____ Other _____ Hispanic; (regardless of race)</p>	<p>Place the number of girls and adults who worked on this patch program on the appropriate line:</p> <p>_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Ambassador _____ Adult</p>
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Tell us about the patch program:

Please check the response that best describes what you think.

	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
The topic and activities in this patch program were interesting to me:					
The activities in this patch program made me think about things I never thought about before:					
The patch program helped me better understand breast cancer and empowered me to help others regarding this topic:					

What else do you think?

Please complete the following questions.

What did you really like about this patch program? _____

What did you not like about this patch program? _____

What could be added or changed to make this patch program better? _____

Other comments? _____

Which activities did you participate in? _____

Please return to the Raleigh Service Center, Attn: Program Director, 6901 Pinecrest Road, Raleigh, NC 27613.

Think Pink Breast Health Awareness

Patch Order Form

Please send me _____ of the “Think Pink Breast Health Awareness” patches.

Troop # _____ Grade Level _____

Total # of Patches _____ x \$1.75 = _____

NC Sales Tax (6.75% of subtotal) = _____

Shipping and Handling = _____
(see chart below)

Total Amount Enclosed = _____

Patches are available at the Fayetteville, Goldsboro, and Raleigh Council Shops. Please present this form along with the evaluations at one of our Council Shops to pick up your patches. Mail and phone orders are also accepted. For Mail Orders, send order form with check to:

Girl Scouts - North Carolina Coastal Pines
6901 Pinecrest Road
Raleigh, NC 27613
Attn: Council Shop

Make checks payable to: Girl Scouts – North Carolina Coastal Pines

Mail patches to:

Name: _____

Address: _____

_____ Zip _____

Phone: (H) _____ (W) _____



Shipping & Handling Charges

Purchase Amount	Shipping Charge	Purchase Amount	Shipping Charge
Up to \$25.00	\$ 5.95	\$100.01 to \$200.00	\$ 14.95
\$25.01 to \$50.00	\$ 7.95	\$200.01 to \$300.00	\$ 20.95
\$50.01 to \$75.00	\$ 9.95	\$300.01 to \$500.00	\$ 25.95
\$75.01 to \$100.00	\$ 11.95	Over \$500.00	\$ 45.95