

Think Pink! Breast Health Awareness Council Patch Program

Girl Scouts - North Carolina Coastal Pines
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Think Pink! is designed to promote breast health awareness and healthy living to all Girl Scouts. Participants will learn about the importance of healthy living 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. Breast cancer awareness is very important to the Girl Scouts, because our founder, Juliette Gordon Low, died of breast cancer.

Activity Requirements

Girl Scout Level	Required	Discover	Connect	Take Action	Total Activities
Daisies	3	1	1	1	6
Brownies	3	2	2	2	9
Juniors	3	2	2	2	9
Cadettes	3	3	3	3	12
Seniors	3	3	3	3	12
Ambassadors	3	3	3	3	12

Required Activities:

1. Juliette Gordon Low: Answer the following questions to learn why October is an important month to celebrate Juliette Gordon Low. When you have answered the questions, draw a picture or journal about something new you learned about our founder.

1. What was Juliette's nickname?
2. Where was she born?
3. What object did she sell to help pay for Girl Scouts?
4. What object got stuck in her ear and impaired her hearing?
5. What did Juliette Gordon Low die from?
6. When was Juliette's birthday?
7. Which Juliette Gordon Low quote do you find the most inspiring?

2. Breast Cancer Myths: Take time to go through these breast cancer myths in the Resource Section. They are divided by age. Have your troop guess if the statement is a myth or a fact. After they have guessed, use the information to explain the answer. If you aren't comfortable answering questions about cancer and breast cancer, invite a doctor, nurse, or breast cancer survivor to talk through the myths with your troop. If you are going to have an expert come in and talk about breast cancer myths, you will need to complete a Notice of Sensitive Issues Form. To get this form please email programteam@nccoastalpines.org.

3. Healthy Living Challenge: There are many different reasons that people get cancer, which is why it is hard to prevent cancer. One way you can reduce your risk of getting cancer to live a healthy life. Read through the healthy living challenges in the Resource Section and then pick one of the healthy living challenges to do over the next week. After a week of doing the challenge, talk as a troop about the following questions:

- Was the challenge hard? Why or why not?
- How did you feel during the challenge?
- How did you feel after completing the challenge?
- Are you going to continue practicing the healthy habit?

Discover:

1. Bingo: Increase your troop's knowledge of healthy living and breast cancer through bingo. You can find the bingo cards in the Resources Section of the patch program. There are two sets of bingo cards, a set for Daisies, Brownies and Juniors and a set for Cadettes, Seniors, and Ambassadors.
2. Fact Relay Race: Print out the facts in the Resources Section (facts are divided by age) and play the game below:
 1. Have your troop divide into two groups.
 2. Have the two teams make two lines.
 3. Have two adults stand running length across from the lines.
 4. Each team will take turns running to the leader across from them. When the girl gets to the leader, she will be asked a question, if she gets it right, she can go back to tag the next person. If she gets it wrong, she will keep answering questions until she gets a question right.
 5. The first team to have all their girls answer questions correctly wins. Smaller troops may want to make girls go through the line twice.
 6. Once finished, be sure to go over the facts and answer any questions the girls have.
3. Stress Balloons: Create stress balloons with your troop. Managing stress is an important part of living a healthy life. See Resources Section for instructions.
4. The Basics of Breast Health: As a troop, read over the Basics of Breast Health Sheet in the Resource Section. Talk through each of the points. Let girls ask questions about breast health and breast cancer. Invite a doctor, nurse, or health expert to talk through this information with your troop, if you aren't comfortable answering their questions. If you are going to have an expert come in and talk about breast cancer you will need to complete a Notice of Sensitive Issues Form. To get this form please email patchprogram@nccoastalpines.org.

After your discussion, have the girls journal over the following questions:

- What did you learn?
- How did the information make you feel?
- What is one thing you are going to do to practice good breast health?

Connect:

1. Share Breast Health Knowledge: Talk to a woman in your life about breast cancer. Share 2 facts you've learned with a woman in your family. Talk about how the facts make you feel. If someone in your family is a survivor, ask if they are willing to talk about their experience with breast cancer. Encourage the women in your life to get their annual mammogram.
2. Share Healthy Living Knowledge: Share with a woman in your family two things you've learned about healthy living. Talk about how you can be healthy together. Take a walk or do a healthy living challenge together.
3. Media and Breast Health: Media has a strong presence in the life of a Girl Scout. Images of women's bodies flood media. These images can be hard to process as a young woman during a time when you are learning about your own body. This activity allows Girl Scouts in this stage of life to think about women's body

images in media and their own comfort level with breast health and their own body image. See Resource Section for instructions on this activity.

4. Connect to Community: In honor of Breast Cancer Awareness Month (October), paint pumpkins pink! Purchase small pumpkins and decorate them with pink paint, the Breast Cancer symbol, and encouraging phrases. Share these pumpkins with those in your community. Give them to your neighbors or other people you frequently see. Help spread awareness!
5. Healthy Living Game: Play a game that gets your troop moving but also involves teamwork. Teach the girls how being active is something you can do together. Below are a few example games:
 - Blob Tag- One person starts as “it” and tries to tag another person. As soon as they tag someone, they must link hands and are now both “it,” working together to tag others while staying connected. Every time someone is tagged, they must also link hands. Once this tagging “blob” is at least four people, they can split into groups of at least two. At any point, the blobs can join back up (for example: to form a blob wall). The game is over once everyone is part of the blob.
 - Hands, shoulders, elbows, and hips relay race- Divide into two groups. Mark a start and end point. During this relay, the teams must go from start to end and back to start before moving on to the next challenge. First, they must race while all holding hands, then with their arms around each other’s shoulders, then with linked elbows, and finally with their hips touching at all times. The first team to finish all four races wins.
6. Interview: Ask a survivor you know if they will share about their battle with breast cancer (please be considerate and thoughtful in that some survivors may not be comfortable talking about their battle as it is a very emotional process). Talk to them about when they found out they had cancer. Inquire about their treatment and how they mentally battled the disease. Breast cancer survivors are very inspiring and powerful. This interview can be done as a troop or individual. Some ideas for questions are below:
 - When were you diagnosed?
 - How did they find the cancer?
 - What were your initial thoughts?
 - How did you keep positive during your battle?
 - What forms of treatment did you receive?
 - How did you feel when they declared you cancer free?
 - What do you do now to stay healthy?

Take Action:

1. Pink Ribbon Campaign: Have each Girl Scout make 10 pink ribbons. Have the girls distribute the ribbons to women in their life and remind them to stay healthy and get their annual mammography.
 - a. Supplies:
 - b. Pink Ribbon
 - c. Safety Pins
 - d. Scissors
 - e. Instructions:
 - f. Cut a piece of ribbon 4-6 inches. Loop the so it is the shape of the Breast Cancer Ribbon. Then stick the pin in the ribbon.
2. Mastectomy Pillows: Create a mastectomy pillow using instructions [found here](#) and donate it to a local hospital’s oncology unit. If you have trouble connecting with a local oncology unit, contact Girl Scouts-

North Carolina Coastal Pines at patchprogram@nccoastalpines.org to get connected with a local hospital.

3. Make a Poster: Create a poster that promotes healthy living, good breast health, or breast cancer awareness.
4. Birthday Party for Juliette Gordon Low: Throw a birthday party for Juliette Gordon Low with your troop. Juliette Gordon Low's Birthday was October 31 and October is Breast Cancer Awareness Month. So, make it a PINK themed party to support breast cancer awareness. Have pink punch, a pink frosted cake, and pink decorations. Make sure to include Girl Scout traditions, just as Juliette would have, such as the Friendship Squeeze, or a couple of your favorite Girl Scout songs.
5. Honor Survivors You Know: As a troop host a party or dinner honoring the survivors you know. Be sure to ask the survivors if they are okay with being honored at a dinner/ party (please be considerate and thoughtful in that some survivors may not be comfortable talking about their battle as it is a very emotional process). Take time at the gathering to honor each survivor. Read a poem or ask one of the survivors to talk about their journey. Include a small gift and note for each survivor. Be sure to encourage the survivors and all other women at the dinner/party to stay health and get regular screenings.
6. Chemo Kit: Create a Chemo Kit using the list in the Resource Section. Give it to a family member or friend going through chemo or donate to a hospital. Talk as a troop, why you are buying each item and how it helps patients.

Resource Section

Activities:

<p>Healthy Living Challenges – Pick one from the list to do for one week</p> <p>Tips: Do the challenge as a troop if you can Make the challenge a family affair Changing habits is hard, so try your best, but understand that it is really hard to make or break a habit!</p>	<ol style="list-style-type: none"> 1. Don't drink soda all week 2. Drink 9 cups of water a day 3. Exercise for 30 minutes 3 days out of the week 4. Walk for 30 minutes 4 days out of the week 5. Stretch while you are watching TV 6. Give up screens for the week – no TV, phones, or computer for entertainment 7. Do a mini workout while watching TV – during commercials do jumping jacks, squats, walk, or jog – just move! 8. Eat a healthy breakfast every morning 9. Eat a serving a fruit every day 10. Limit sweets- try to only have sweets 2-3 times a week 11. Do yoga 3 times a week 12. Get 9-10 hours of sleep per night 13. Try 4 new fruits this week 14. Try 5 new vegetables this week
<p>Stress Balloon Activity</p> <p>Supplies needed: Bag of sand Bag of red beans Scoop for sand Funnel Balloons Tins/bowls/tablecloths (something to help keep the mess minimal!)</p> <p>*With older Girl Scouts, you can explain that finding the bean is like finding a lump in your breast. The average lump is bigger than a bean, but you can demonstrate on the balloon to use two fingers to find the bean, similar to performing a self-breast exam.</p> <p>Resource: http://www.livestrong.com/article/141645-what-are-benefits-stress-balls/</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Set out bowls of sand 2. Give each girl a balloon and a bean 3. Assist girls in putting about $\frac{3}{4}$ cup of sand into balloon with funnel. While putting sand into balloon, add the bean. 4. Double knot balloon when done. 5. Encourage girls to find the bean* 6. Talk about the benefits of using the stress balloon: -Squeezing the ball allows muscles to relax -The repeating pattern of squeezing alleviates tension and stress -Squeezing the balloon strengthens hand muscles that get overused when typing, texting, and other tasks -Stress can have a negative impact on your health, so it is important to learn to manage stress. <p>*With older Girl Scouts, you can explain that finding the bean is like finding a lump in your breast. The average lump is bigger than a bean, but you can demonstrate on the balloon to use two fingers to find the bean, similar to performing a self-breast exam.</p>
<p>Chemo Kit</p> <p>The items on this list are just suggestions, be creative and add other items!</p> <p>*If you are donating a kit, be sure to contact the local hospital before purchasing items for a chemo kit. Some hospitals are strict about what materials you can donate.</p>	<ul style="list-style-type: none"> • Scarf/beanie – keep their head warm • Thick lotion- no scent – chemo dries out skin • Toothbrushes & toothpaste – chemo leaves a metallic taste in patients' mouths • Hard lemon candies – chemo leaves a metallic taste in patients' mouths • Tissues – chemo is emotionally draining • Mint tea – helps with nausea • Hand sanitizer – chemo weakens the immune system • Fuzzy socks – keeps feet warm in the hospital • Chocolate – who doesn't love chocolate?! • Hydrating lip balm – chemo dries lips • Encouraging notes or posters

<p>Media and Breast Health</p> <p>Supplies needed: Glue Culturally and age-appropriate magazines Poster paper Scissors Markers, crayons, glitter-glue, and other craft supplies</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Tell your troop they are going to complete an art project that will get them thinking about the effects of media on body image and breast health. 2. Spend the next 15-20 minutes letting the girls find images, words, and drawings that represent how girls and women are displayed in media. 3. When posters are finished and it is time to share, ask the following questions: -What do the pictures say about girls and women? -What do the pictures have in common? -How do these images make you feel about your body and breasts? -How do these images affect your comfort level with talking about breast cancer and your own breast health?
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Breast Health Bingo – Question/answer key can be found after the cards.

D/B/J BINGO CARD 1:

B	I	N	G	O
Vegetable	Own Answer	Hop Up and Down 4 Times	2 Minutes	70%
Chicken	True	10-11 Hours	Own Answer	Fruits
Breast Cancer	Bones	FREE	30 Minutes	Cancer
Wash Your Hands with Soap and Water for at Least 20 seconds	Own Answer	October	Proteins	Dairy
Grains	Juliette Gordon Low	Stretch and Touch Your Toes	A Pink Ribbon	Water

D/B/J BINGO CARD 2:

B	I	N	G	O
Hop Up and Down 4 Times	Own Answer	Fruits	10-11 Hours	Cancer
Dairy	October	A Pink Ribbon	Bones	Grains
Juliette Gordon Low	Orange Juice	FREE	Own Answer	Proteins
Stretch and Touch Your Toes	70%	October	Vegetable	30 Minutes
Own Answer	Hop Up and Down 4 Times	True	Breast Cancer	Wash Your Hands with Soap and Water for at Least 20 seconds

D/B/J BINGO CARD 3:

B	I	N	G	O
2 Minutes	A Pink Ribbon	Bones	True	10-11 Hours
Stretch and Touch Your Toes	70%	Cancer	Wash Your Hands with Soap and Water for at Least 20 seconds	Hope Up and Down 4 Times
Water	Own Answer	FREE	Fruits	Orange Juice
Chicken	Grains	Proteins	2 Minutes	True
Juliette Gordon Low	Dairy	Breast Cancer	30 Minutes	Own Answer

Breast Health BINGO- D/B/J – Questions & Correct Answers:

- What is a spot of sick cells in the body?
 - Cancer
- Broccoli, spinach, carrots, and peppers are part of which food group?
 - Vegetable
- What is an example of a lean protein?
 - Chicken
- How many minutes of physical activity should you get a day?
 - 30 minutes
- How long should you brush your teeth for?
 - 2 minutes

6. Apples, pears, pineapple, and strawberries are part of which food group?
 - a. Fruits
7. What is a spot of sickness in the breast tissue?
 - a. Breast cancer
8. Water makes up what percent of your body?
 - a. 70%
9. What is the Breast Cancer Symbol?
 - a. A Pink Ribbon
10. What famous Girl Scout died of breast cancer?
 - a. Juliette Gordon Low
11. What is one way to get rid of germs?
 - a. Washing your hands with soap and water for at least 20 seconds
12. Name a vegetable you like- make girls shout out answer
 - a. Own answer!
13. Stretch and touch your toes- make girls stand up and do the activity
14. Which is better for you, water or soda?
 - a. Water
15. Name a fruit you like- make girls shout out answer
 - a. Own answer!
16. Name an exercise you like to do- make girls shout out answer
 - a. Own answer!
17. Hop up and down 4 times- make girls stand up and do the activity
18. Vitamin C, which helps your immune system, is found in high amounts in what fruit and fruit drink?
 - a. Orange and Orange juice
19. Milk, cheese, yogurt, and even ice cream is part of which food group?
 - a. Dairy
20. Chicken, beef, and fish are part of which food group?
 - a. Proteins
21. Cereal, bread, and rice are part of which food group?
 - a. Grains
22. Drinking milk helps build strong what?
 - a. Bones
23. What month is Breast Cancer Awareness month?
 - a. October
24. How many hours should you sleep each night?
 - a. 9-10 Hours
25. Millions of women fight and beat cancer every year, true or false?
 - a. True

C/S/A BINGO CARD 1:

B	I	N	G	O
The most common form of cancer found among women in the US	A Pink Ribbon	Your Bones	Surgery, chemotherapy, radiation therapy and hormone therapy	9-10 Hours
Radiation Therapy	Every three years starting at age 20	The Breast is Surgically Removed	Chicken	3-4 Servings
Lumpectomy	A Ping-Pong Ball	FREE	Over 2,300	Mammogram
Yes, all women are at risk	4 Servings	No. With regular screenings, breast cancer can be detected early	Self-Breast Exam	Annually after age 40
Juliette Gordon Low	Chemotherapy	Over 200,000	9 Cups	Mammogram, clinical breast exam and self-breast exams

C/S/A BINGO CARD 2:

B	I	N	G	O
Over 2,300	Chicken	Mammogram, clinical breast exam and self-breast exams	A Ping-Pong Ball	Radiation Therapy
Your Bones	Annually after age 40	Mammogram	Yes, all women are at risk	Chemotherapy
9 Cups	The most common form of cancer found among women in the US	FREE	Over 200,000	No. With regular screenings, breast cancer can be detected early
The Breast is Surgically Removed	Self-Breast Exam	3-4 Servings	A Pink Ribbon	Every three years starting at age 20
4 Servings	Juliette Gordon Low	9-10 Hours	Surgery, chemotherapy, radiation therapy and hormone therapy	Lumpectomy

C/S/A BINGO CARD 3:

Breast Health BINGO- C/S/A – Questions & Correct Answers:

B	I	N	G	O
3-4 Servings	9 Cups	No. With regular screenings, breast cancer can be detected early	Lumpectomy	The Breast is Surgically Removed
9-10 Hours	Juliette Gordon Low	Self-Breast Exam	A Pink Ribbon	A Ping-Pong Ball
4 Servings	Mammogram, clinical breast exam and self-breast exams	FREE	Chicken	Annually after age 40
Over 200,000	Mammogram	Radiation Therapy	Over 2,300	Chemotherapy
Surgery, chemotherapy, radiation therapy and hormone therapy	Yes, all women are at risk	Every three years starting at age 20	Your Bones	The most common form of cancer found among women in the US

1. What is breast cancer?
 - a. A division of cells that is out of control in the breast tissue
2. How many women will be diagnosed with breast cancer this year?
 - a. Over 200,000
3. How many men will be diagnosed with breast cancer?
 - a. Over 2,300

4. What part of your body needs calcium?
 - a. Your bones
5. What are the most important screening methods to detect breast cancer?
 - a. Mammogram, clinical breast exam and self-breast exams
6. What is an example of a lean protein?
 - a. Chicken
7. Am I at risk for breast cancer?
 - a. Yes, all women are at risk
8. What famous Girl Scout died from breast cancer?
 - a. Juliette Gordon Low
9. What is the breast cancer awareness symbol?
 - a. A Pink Ribbon
10. What size is the average lump found by accident?
 - a. A ping-pong ball
11. What is a mastectomy?
 - a. The breast is surgically removed
12. What are the common forms of treatment?
 - a. Surgery, chemotherapy, radiation therapy and hormone therapy
13. Having a lump surgically removed from the breast without removing the breast is called what?
 - a. Lumpectomy
14. Does breast cancer always lead to death?
 - a. No. With regular screenings, breast cancer can be detected early.
15. How many servings of fruits should you have a day?
 - a. 4 servings
16. How often should you get mammograms?
 - a. Annually after age 40
17. How often should you have a clinical breast exam?
 - a. 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, and kills cancer cells in the body?
 - a. Chemotherapy
19. What are high-energy X-Rays that destroy cancer cells that weren't removed during surgery?
 - a. Radiation Therapy
20. What is an X-Ray of the breast that only takes a few minutes?
 - a. Mammogram
21. How many servings of vegetables should you eat a day?
 - a. 3-4 servings
22. You should do these at least once a month?
 - a. Breast Self-Exam
23. How many hours should you sleep each night?
 - a. 9-10 hours
24. How many cups of water should you drink a day?
 - a. 9 cups

Fact Sheet for Relay Race:

Younger Girl (D/B/J) Facts:	Older Girl (C/S/A) Facts:
Which is better for you, soda or water? (Water)	How many hours should you sleep each night? (9 hours)
How many hours should you sleep each night? (9-10 hours)	How many minutes should you brush your teeth? (2 minutes)
Is a carrot a vegetable or a fruit? (Vegetable)	What is the Breast Cancer symbol? (A Pink Ribbon)
How many minutes should you brush your teeth? (2 minutes)	What is cancer? (The disease caused by an uncontrolled division of abnormal cells in a part of the body)
Is a banana a fruit or a vegetable? (Fruit)	True or false: it possible for you to survive cancer. (True)
Who cleans your teeth, a doctor or a dentist? (Dentist)	Which month is Breast Cancer Awareness Month? (October)
What is the Breast Cancer symbol? (A Pink Ribbon)	Which is healthier for you: a piece of baked chicken or a hamburger? (Chicken)
What is cancer? (A spot of sick cells in the body)	What famous Girl Scout had breast cancer? (Juliette Gordon Low)
Is it possible to survive cancer, true or false? (True)	What percentage of your body is water? (70%)
Which month is Breast Cancer Awareness Month? (October)	How many minutes should you exercise each day? (30 minutes)
Which is healthier for you: a piece of baked chicken or a hamburger? (Chicken)	True or false: Men can have breast cancer too. (True)

Who do you visit if you are sick: the doctor or the dentist? (Doctor)	What is the name of the X-ray that helps detect breast cancer? (Mammogram)
What famous Girl Scout had cancer? (Juliette Gordon Low)	What is one common form of treatment for cancer? (Surgery, chemotherapy, radiation therapy, or hormone therapy)
What percentage of your body is made of water: 10%, 70%, or 100%? (70%)	What is the size of the average lump found by accident? (Ping-pong ball)
How many minutes should you exercise each day? (30 minutes)	How many cups of water should you drink a day? (9 cups)

Breast Cancer Myths for Older Girls:

- If a girl or woman bumps or bruises her breast, it can turn into breast cancer.
 - Myth- bumps or bruises on a person's breast do not cause breast cancer. Abnormal cells growing out of control causes breast and other types of cancer.
- Antiperspirants and deodorants cause breast cancer.
 - Myth- there have been a lot of rumors that the use of antiperspirants or deodorants increases a woman's risk of getting breast cancer. There is no scientific proof that this is true.
- Having breast cancer surgery will spread cancer to other parts of someone's body.
 - Myth- cancer does not spread through the air or during surgery.
- If a woman is diagnosed with breast cancer when she's pregnant, her baby will get breast cancer.
 - Myth- however, having a close relative such as a mother, sister or daughter with breast cancer increases a woman's risk of getting breast cancer herself.
- Healthy, cancer-free breasts are not lumpy.
 - Myth- most breasts feel lumpy because the breast is made up of fatty tissue, glands that make milk, and the ducts that carry the milk to the nipple.
- When it comes to breast cancer, breast size doesn't matter.
 - Fact- breast size and shape have nothing at all to do with a woman's risk of breast cancer.
- It is recommended that you know what is normal for you, and see your health care provider if you notice any changes in your breasts.
 - Fact- it is recommended that you know what your breasts are like so that you notice any changes, such as a lump, dimpling or puckering of the skin or nipple discharge, to name a few.
- Screening tests can help women find breast cancer early.
 - Fact- screening tests help women find breast cancer, before symptoms appear. Clinical breast exams, which are exams performed by a medical provider, are recommended at least every 3 years starting at age 20, and every year starting at age 40.
- Breast cancer is easier to treat if you find it early.
 - Fact- the earlier breast cancer is found, the more likely it is that treatment will be successful. In the past 20 years, great progress has been made in the early detection and treatment of breast cancer. As a result, the number of breast cancer survivors continues to rise.

- Cancer is contagious and can spread like the flu.
 - Myth-it cannot spread person to person.
- The majority of people who have been diagnosed with cancer survive the disease.
 - Fact- many cancers are curable, and many people do fight cancer and live.
- Finding a lump in your breast means you have breast cancer.
 - Myth- only a small percent of lumps turn out to be cancer. If you do discover a persistent lump in your breast or notice any changes in breast tissue you should consult your doctor.
- Men get breast cancer.
 - Fact- men can also get breast cancer, it is a very small percentage of men.
- Breast cancer always comes in the form a lump.
 - Myth- a lump many indicate breast cancer, but women should also be on the alert for other changes. These changes can include: swelling, skin irritation or dimpling, or nipple pain.

Breast Cancer Myths for Younger Girls:

Please note that some of the myths/facts below may be too technical and difficult for Daisies and Brownies to understand. If you feel your troop may not comprehend a majority of the myths/facts only share the first three. These three are general myths/facts about cancer that many young children are confused by and should understand the truth.

- Cancer is contagious and can spread like the flu.
 - Myth-it cannot spread person to person.
- Having surgery will spread cancer to other parts of someone's body.
 - Myth- cancer does not spread through the air or during surgery.
- The majority of people who have been diagnosed with cancer survive the disease.
 - Fact- many cancers are curable, and many people do fight cancer and live.
- If a girl or woman bumps or bruises her breast, it can turn into breast cancer.
 - Myth- bumps or bruises on a person's breast do not cause breast cancer. Abnormal cells growing out of control causes breast and other types of cancer.
- Healthy, cancer-free breasts are not lumpy.
 - Myth- most breasts feel lumpy because the breast is made up of fatty tissue, glands that make milk, and the ducts that carry the milk to the nipple.
- When it comes to breast cancer, breast size doesn't matter.
 - Fact- breast size and shape have nothing at all to do with a woman's risk of breast cancer.
- Breast cancer is easier to treat if you find it early.
 - Fact- the earlier breast cancer is found, the more likely it is that treatment will be successful. In the past 20 years, great progress has been made in the early detection and treatment of breast cancer. As a result, the number of breast cancer survivors continues to rise.
- Men get breast cancer.
 - Fact- men can also get breast cancer, it is a very small percentage of men.

The Basics of Breast Health and Breast Cancer Sheet:

- **Reduce the Risk of Cancer**
 - There is no way to prevent cancer completely. There are many factors that go into getting the disease. Here are ways to help reduce the risk of getting cancer and stay healthy:
 - Living a healthy lifestyle- One way to prevent some of the risk factors of getting breast cancer is through a healthy lifestyle. Exercise and a diet full of fruits and vegetables are the foundation of a healthy lifestyle. Maintain a healthy weight. Alcohol and smoking can increase your risk.
 - Know your body- It's a good idea to get to know what's normal for your breasts. That way, you can check in with your doctor if you notice something unusual, such as a lump, skin change, or discharge. This can be done visually or a self-breast exam. Not all medical groups agree on the method of assessing one's breast health. Talk to your health care provider about which method is best for you.
 - Clinical breast exams/mammograms- These are examinations done by your health care provider to ensure everything is looking healthy and normal. As you get older these examination increase in their frequency.
- **Education**
 - Know your risk
 - Sometimes breast cancer can be genetic. It is important to know your family history of breast cancer and make your doctor aware. Open conversation with your family is key.
 - Know the terms
 - Mammogram- X-ray of the breast
 - Breast cancer- Abnormal cell growth within the breast
 - Lumpectomy- Having a lump surgically removed from the breast without removing the breast
 - Mastectomy- Surgical removal of breast
 - Malignant tumor- Abnormal cells that grow out of control and invade normal tissue (in breast cancer, the tumor invades breast tissue)
 - Chemotherapy- Anti-cancer drug that keeps the cancer from spreading, slows the growth of cancer, and kills the cancer cells in the body
 - Radiation therapy- High-energy X-rays that destroy cancer cells that weren't removed during surgery
 - Metastatic cancer - Cancer cells have spread to other parts of the body from the original tissue
 - Know the symptoms
 - Lump, hard knot in breast or underarm area
 - Swelling, warmth, redness, or darkening under the breast
 - Change in shape or size of breast
 - Dimpling of skin
 - New pain in one spot that won't go away
 - Nipple discharge
 - Itchy, scaly sore or rash on the nipple
 - Know your body
 - It is important to know what is normal for your body and what isn't. Ask your doctor or nurse which screening tests are right for you and if you are at a higher risk.

Resource Links:

Breast Cancer Statistics-

- http://www.breastcancer.org/symptoms/understand_bc/statistics

Healthy Living Basics & Facts-

- http://www.heart.org/HEARTORG/HealthyLiving/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.V9BQafkrLIU
- <http://www.webmd.com/diet/features/4-steps-healthy-lifestyle#1>
- <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>
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