

**Girl Scouts of Greater Mississippi and  
American Cancer Society Present:**

# “In Her Honor” Breast Health Project

for Daisies, Brownies, Junior, Cadettes, Seniors and Ambassadors



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## **In Her Honor:**

**Introduction:** Juliette Gordon Low, the founder of Girl Scouts of the USA, died from breast cancer at a time when the words "breast" and "cancer" were not spoken in "polite company." Now, the newest generation of the organization she founded can become more and more involved in raising awareness to help girls and women cope with its impact on their families and on their own health as well. Many daughters can now count among their childhood memories the experience of having a mother or another family member suffer with breast cancer. And, like so many other serious illnesses, breast cancer affects not only the patient, but the patient's family as well. Girl Scouts are no exception.

**Purpose:** This Patch Program is designed to promote breast health and cancer prevention. Girls will learn about the importance of breast health by participating in games, crafts, research and other activities. All age levels are invited to participate in this program. Patches may be purchased in any of the Council Shops.



## **Patch Requirements: In Her Honor**

**Daisies:** Must complete requirement 1 and 1 other requirement.

1. Make Beads of Hope Necklace and give to 5 people; and get them to pledge to get a mammogram. Turn cards into the GSGMS office.
2. Learn and name the three ways to reduce your risk of Breast Cancer
3. Play breast bingo.
4. Draw/write/create something about Juliette Low and breast cancer/health.

**Brownies:** Must complete requirement 1 and at least 2 other requirements.

1. Make Beads of Hope Necklace and give to 5 people; and get them to pledge to get a mammogram. Turn cards into the GSGMS office.
2. Play breast bingo
3. Draw/write/create something about Juliette Low and breast cancer/health
4. Learn and name the three ways to reduce your risk of Breast Cancer
5. Participate in a community breast health event

**Juniors:** Must complete requirement 1 and at least 3 other requirements.

1. Make Beads of Hope Necklace and give to 5 people; and get them to pledge to get a mammogram. Turn cards into the GSGMS office.
2. Play breast bingo
3. Draw/write/create something about Juliette Low and breast cancer/health
4. Learn and name the three ways to reduce your risk of Breast Cancer
5. Participate in a community breast health event

**Cadettes, Seniors and Ambassadors:** Must complete requirements 1, 2, 3 & 4 and at least 2 other requirements.

1. Make Beads of Hope Necklace and give to 5 people; and get them to pledge to get a mammogram. Turn cards into the GSGMS office.
2. Learn and name the three components of breast health. Ask three adults if they are practicing all three components.
3. Learn at least six factors for breast cancer.
4. Learn and name the “5 P’s” associated with breast self-exams.
5. Make a list of resources in your community related to breast cancer/breast health (ex. non-profit organizations, mammography facilities, support groups).
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 early detection & prevention is important and what the treatment options are for breast cancer.
9. Participate in a community breast cancer event.

Please remember that while Girl Scouts cannot raise money for another organization, there are many other ways to show support and make a difference.

## **Facts and Figures on Breast Cancer**

- Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women.
- American Cancer Society (ACS) estimates for 2012 include 226,870 new cases of invasive breast cancer being diagnosed in women in the U.S. In addition, carcinoma in situ (cancer that has not spread beyond the original site) will be responsible for 63,300 new cases this year. Of these, about 85 percent will be ductal carcinoma in situ.
- In 2012, it is estimated that 2,190 men will be diagnosed with breast cancer.
- Year 2012 estimates include 39,920 deaths occurring from breast cancer in the U.S. alone. This includes approximately 39,510 women and 410 men.
- According to ACS, the breast cancer death rate in women age 50 and older in the U.S. has been falling by about 2 percent per year, since 1990.
- Breast cancer ranks second among cancer deaths in women after lung cancer.

## **Breast Cancer**

### **How to Reduce Your Risk:**

😊 Get 30 minutes of physical exercise every day.

😊😊 Maintain a healthy weight.

😊😊😊 Eat 5 fruits and/or vegetables every day.

😊😊😊😊 Eat low-fat foods.

😊😊😊😊😊 DON'T SMOKE.

# Girl Scouts of Greater Mississippi



## “In Her Honor” Breast Health Project

Hope Starts With Me!

Will you pledge to get a mammogram?

Name (Please print) and Phone Number

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Breast Health - Quiz

## *Do you know the truth about breast cancer?*

Source: American Cancer Society, October 2002

(Circle the correct answer)

1. Being a woman and getting older are the two greatest risk factors for breast cancer.

True

False

2. Exercise has nothing to do with your risk for breast cancer.

True

False

3. Abnormalities show up on mammograms only after you or your doctor feel a lump.

True

False

4. Survival rates are high for women diagnosed with early stage breast cancer, when the cancer is small and has not spread.

True

False

5. All women age 40 and older should get a mammogram every year.

True

False

6. All women should begin clinical breast examinations and breast self-examinations at age 20.

True

False

# Breast Health – Quiz Answers

Do you know the truth about breast cancer?

1. Being a woman and getting older are the two greatest risk factors for breast cancer.

**True**

2. Exercise has nothing to do with your risk for breast cancer.

**False – Regular physical activity – as well as maintaining a healthy weight and limiting alcohol intake – are smart strategies for reducing risk.**

3. Abnormalities show up on mammograms only after you or your doctor feel a lump.

**False – Abnormalities can show up on mammograms several years before you or your doctor feel a lump.**

4. Survival rates are high for women diagnosed with early stage breast cancer, when the cancer is small and has not spread.

**True**

5. All women age 40 and older should get a mammogram every year.

**True**

6. All women should begin clinical breast examinations and breast self- examinations at age 20.

**True**

# Breast Cancer Signs and Symptoms

While the widespread use of screening mammography has increased the number of breast cancers found, before they cause any symptoms, some are still missed.

The most common sign of breast cancer is a new lump or mass. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But some rare cancers are tender, soft, and rounded. So it's important to have anything unusual checked by your doctor.

Other signs of breast cancer include the following:

- A swelling of part of the breast
- Skin irritation or dimpling
- Nipple pain or the nipple turning inward
- Redness or scaliness of the nipple or breast skin
- A nipple discharge other than breast milk
- A lump in the underarm area

# ...About Breast Self-Exam

## *What is it?*

A breast self-exam (BSE) is a monthly exam a woman can do herself to check for breast cancer. When you do a breast self-exam: you check for lumps, thickening, dimples in the breast, or discharge from the nipple. Regular self-exams will help you learn how your breasts feel. Checking your breasts will help you find any changes in your breasts from month to month.

## *Why should I do a BSE?*

Cancer of the breast is the most common type of cancer in American women. Some women do not check their breasts because they are afraid of finding a lump. Most breast lumps or changes in your breasts are not cancer. About 1 in every 9 women develops breast cancer. Most cases of breast cancer are discovered by women doing self-exams. When breast cancer is found early and treated right away, the chances for cure are better. Every woman should do regular breast self-exams.

## *What is the best time to examine my breasts?*

Check your breasts every month if you are 20 years or older. The BSE should be done about 1 week after your monthly period. Your breasts are not swollen, lumpy, or tender at this time. At first, you will find it hard to know what feels normal and what does not feel normal in your breasts. Regular BSEs will help you learn how your breasts feel normally and if something has changed.

If you have had a hysterectomy, check your breasts on the first day of each month. You should do a BSE at the same time each month if you are pregnant or have gone through menopause (change of life). BSE should be done each month if you have breast implants.

## *How do I do a breast self-exam?*

Examine your breasts in the shower or bath. Your hands move more easily over wet skin. Place one hand behind your head and exam with the other. With your fingers flat, move gently over the entire area of each breast, checking for any lump, hard knot, or thickening. · Look at your breasts while standing in front of a mirror.

Look at them first with your hands at your sides, then with your hands raised over your head, then with your hands pressed firmly on your hips so that your chest muscles are flexed. Look for lumps, new differences in size and shape, and swelling or dimpling of the skin. It is usually normal for your right and left breasts not to match exactly.

Examine your breasts with your fingers while sitting or standing. Slowly and methodically press on a breast with the fingers of the opposite hand. With your fingers flat, work in a circular or spiral direction, beginning at the nipple and moving gradually outward.

Lie down and repeat. Put a small pillow or rolled up towel under your shoulder on your left side and put your left arm under your head. This distributes the breast tissue more evenly on your chest. Use your right hand to examine your left breast then use your left hand to examine your right breast. Feel for any lumps or thickening which cannot be felt in the same area in the other breast. It's important to exam every part of the breast area including the underarm. ·

Squeeze the nipple of each breast gently between your thumb and index finger.

## Resources

American Cancer Society website: [www.cancer.org](http://www.cancer.org)

Your Local Library

Mammogram Facilities

- Local Health Department
- Hospitals
- Imaging Centers

Community/Service Opportunities

- Making Strides Against Breast Cancer
- Relay for Life
- Local Events

Support Groups

The number of deaths due to breast cancer can be reduced when it is diagnosed early. If you lack insurance and have low-income, you may be eligible for a low or no cost mammogram. Check with your local hospitals or treatment centers to see if there is a program that can help. Or you may call the American Cancer Society at 1-800-ACS-2345 to find a program near you.

# 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, 1½ 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.”**

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

# Breast Health BINGO!

## **HOW TO PLAY THE GAME:**

Give to each player a BINGO sheet

Use the Breast Health Bingo questions as a call sheet

After you use find the answer from the Breast Health Bingo questions mark through it

**Have Fun!**

## **HOW TO WIN THE GAME:**

The first player to get:

- Four Corners
- Diagonal
- Horizontal
- Full Card

Wins the Game (see attached sheet)

The winner must read the “winning” statements: what’s marked

## **GIVE THE WINNER(S) A PRIZE:**

### **OTHER INFORMATION:**

Items needed to play the game:

- Marker, pencil, crayon, etc.
- BINGO sheet
- Players

There are 4 different BINGO sheets

Copy sheets before using, in case you need extras

# **Breast Health BINGO**

What is breast cancer?

**The most common form of cancer found among women in the US.**

How many women will be diagnosed with breast cancer this year?

**Over 200,000**

How many men will be diagnosed with breast cancer?

**Over 1,600**

What are the most important screening methods?

**Mammogram, clinical breast exam and breast self-exams**

Am I at risk for breast cancer?

**Yes, all women are at risk**

What famous Girl Scout died from breast cancer?

**Juliette Gordon Low**

What is a breast cancer awareness symbol?

**Pink Ribbon**

Why is there an In Her Honor patch?

**To teach young girls about breast health**

What is a phone number to call to get information about breast cancer and breast health?

**1-877 GO KOMEN (1-877-465-6636) Susan G Komen helpline**

What is the average lump found by accident?

**The size of a silver dollar**

What is a mastectomy?

**The breast is surgically removed**

What are the common forms of treatment?

**Surgery, chemotherapy, radiation and hormone therapy**

What is the name of the relay held every year for Breast Cancer awareness?

**Relay for Life**

Having a lump surgically removed from the breast without removing the breast is called what?

**Lumpectomy**

Does breast cancer always lead to death?

**No. With regular screenings, breast cancer can be detected early.**

What are abnormal cells that can grow out of control and invade normal breast tissue?

**Malignant tumors**

How often should you get mammograms?

**Annually after age 40**

How often should you have a clinical breast exam?

**Every three years starting at age 20**

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**

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

**Radiation**

Is there a website I can visit for more information?

**[www.cancer.org](http://www.cancer.org)**

What type of breast cancer has spread into nearby tissue?

**Invasive**

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

**Mammogram**

You should do these at least once a month.

**Breast Self-Exam**

# BINGO

|   |                                       |                                       |   |   |
|---|---------------------------------------|---------------------------------------|---|---|
| No with regular screenings, breast cancer can be detected early | Yes all women are at risk             | Radiation                             | Chemotherapy                                      | The most common form of cancer found among women in the USA |
| Pink Ribbon   | Teach young girls about breast health | Malignant Tumors                      | Over 1600 men                                     | Juliette Gordon Low   |
| The size of a silver dollar                                     | Invasive                              | FREE<br>"Early Detection Saves Lives" | Mammogram   | Surgery, chemotherapy, radiation and hormone therapy        |
| Advancing research, education, screening and treatment          | Over 200000 women                     | Annually after age 40                 | Mammogram, clinical breast exam, self breast exam | Every 3 years starting age 20                               |
| <a href="http://www.cancer.org">www.cancer.org</a>              | Free                                  | The breast is surgically removed      | 1-877 GO KOMEN                                    | Lumpectomy  |

# BINGO

|   |                                       |                                       |   |   |
|---|---------------------------------------|---------------------------------------|---|---|
| No with regular screenings, breast cancer can be detected early | Yes all women are at risk             | Every 3 years starting age 20         | Chemotherapy                                      | The most common form of cancer found among women in the USA |
| Pink Ribbon   | Teach young girls about breast health | Radiation                             | Free  | 1-877 GO KOMEN  |
| Surgery, chemotherapy, radiation and hormone therapy            | Invasive                              | FREE<br>"Early Detection Saves Lives" | Lumpectomy  | Malignant Tumors  |
| Advancing research, education, screening and treatment          | Over 200000 women                     | Annually after age 40                 | Mammogram, clinical breast exam, self breast exam | <a href="http://www.cancer.org">www.cancer.org</a>          |
| Over 1600 men   | Juliette Gordon Low                   | The breast is surgically removed      | Mammogram   | The size of a silver dollar                                 |

# Beads of Hope Necklace

## Size of Tumors Found by Mammography and Breast Self-Examination:

To make each necklace string 2 from each size bead onto a cord, or string. The size of the beads will need to correlate with the size of the lumps. Once you have strung the beads tie a knot in the end. It's that simple!

-  3 mm Average-size lump found by getting regular mammograms
-  5 mm Average-size lump found by first mammograms
-  8 mm Average-size lump found by women doing regular breast self-exams (BSE)
-  16 mm Average-size lump found by women doing occasional breast self-exams (BSE)
-  25 mm Average-size lump found by women untrained in BSE
-  Not all lumps are round

Card to attach to each necklace:

In honor of Juliette Gordon Low, the founder of Girl Scouts of America and in an effort to save lives, this necklace was made by Girl Scouts of Greater Mississippi in their effort to educate all women about breast cancer.