

Breast Cancer Awareness



Purpose:

All women are at risk for breast cancer. It causes more deaths among women than any other form of cancer except lung cancer. Breast cancer may be curable if it is found early. Since we don't know what causes breast cancer or how to prevent it, the best protection is to detect it as early as possible. The earlier young women learn to perform breast self examinations and about healthy lifestyles, the more likely it is that they will be able to detect changes in their breasts and seek medical attention. As Girl Scout troops work on the patch, they will help educate their friends and family members.

Requirements:

Each girl must complete at least six of the requirements in order to earn the patch. The requirements may be completed as a group, individual or any combination. Resource materials are available from your local American Cancer Society office.

Discover

1. Find out about the risk factors for breast cancer. What role does your family history and lifestyle play? How many women contract breast cancer each year?
2. Complete a family medical history. Find out about the health of your parents, your aunts and uncles and your grandparents. Use the form, "Family Medical History" on the next page for each girl to write down their significant health risks, such as heart disease, diabetes, strokes, cancer and other important health factors. This is for the girls' information only and does not need to be shared with the group.
3. Watch a video on breast self-examination. You can borrow the videos "Breast Self-Examination for Teens" and "New Breast Self-Examination" from the American Cancer Society office. Some video stores may carry them as well. What would you do to help your mother remember to do her breast self-examination monthly?
4. Learn about the most current treatments for breast cancer, and the pros and cons of each treatment. Sources of information might include oncology doctors and nurses, radiologists, and the internet.

Connect

1. Visit a radiology breast center or physicians office to find out about mammography. Find out when women should begin to have mammograms and how often they should have them. How long do they take? Have the radiologist or technologist tell the girls about her job. What does she do? What are the positive and negative aspects of the job?
2. Invite a breast cancer survivor to come and speak to your troop about her experience. The American Cancer Society can put you in touch with survivors who are willing to speak to groups.

Take Action

1. As a service project, distribute informational materials on breast cancer to two or more women. You might consider sharing your knowledge with your mom, older sisters, aunts, grandmothers or neighbors and friends. Materials can be obtained from the American Cancer Society.
2. Help out with the American Cancer Society's "Relay for Life" or Breast Cancer Awareness Run/Walk in your community. Girls can help with mailings, serve refreshments to participants, help with set up or clean up, distribute brochures or flyers and much more. Contact your local American Cancer Society office for the dates and locations of events near you.

Resource List

www.cancer.org

The American Cancer Society – This site contains information on all forms of cancer, and has links to many other breast cancer information sites. Toll free number – 800-ACS-2345

www.breastcancerinfo.com

Susan G. Komen Breast Cancer Awareness Foundation – This site contains a short interactive quiz on breast health appropriate for girls or adults.

www.nabco.org

National Alliance of Breast Cancer Organizations – This site also contains many links to other organizations with information on breast cancer.

www.mayoclinic.com

Mayo Clinic – This site contains a wealth of information about breast cancer. Their Cancer Center provides practical and understandable information to empower women to make sensible choices in the management of cancer.

www.Y-Me.org

National Breast Cancer Organization – This site includes frequently asked questions, breast self-exam information, a kid's corner, articles from their newsletter, and publication ordering information. National hotline – 800-221-2141

www.cancer.gov

National Cancer Institute – This site is a free public service that answers cancer related questions and distributes materials to patients, the public and health professionals. 800-422-6237

www.2Bme.org

This is a website for teens with cancer.

HERS Center for Women

HERS offers many services for women of all ages and supports women's ability to make wise decisions and to be partners in their own healthcare. 800-236-HERS

Family Medical History

In each box, write the person's name, birth date, major health concern, date of death and cause of death, if applicable. Use the following codes to the right to indicate health issues. You may also want to note things like surgeries, pregnancies, other illnesses or broken bones. Be sure to keep all of this information private. Don't share it with anyone other than your family or your doctor.

HD = Heart disease
HBP = High blood pressure
HA = Heart attack
ST = Stroke
C = Cancer (what type)

Your Mom

You

Your Dad

Your Mom's Sisters and Brothers

Your Dad's Sisters and Brothers

**Your Mom's
Mother**

**Your Mom's
Father**

**Your Dad's
Mother**

Your Dad's Father