

Breast Cancer Awareness Patch Program

Girl Scout Junior through Ambassador

In this patch program, girls will learn about breast cancer, select activities that encourage them to recognize changes in their bodies, eat nutritiously and exercise, practice preventive health care, talk to women who have survived breast cancer or who work with breast cancer patients and do service projects to increase awareness in others.

Parental Permission

Because of the sensitive nature of breast cancer, leaders must inform parents/guardians about proposed activities and discuss the activities with them before the troop makes its plans. Ask parents/guardians to provide written consent before the troop carries out the activities. Use the permission form found on page 12.

Tips for Discussing Sensitive Issues

- Follow “Guidelines for Sensitive Issues” in *Safety-Wise*.
- Remain open and allow girls to ask questions. Provide an atmosphere of trust.
- Answer all questions honestly. If you don’t know the answer to a specific question or don’t feel comfortable, refer the girls to someone who does.
- Have other resources available not only for yourself, but for the girls to use. Become familiar with background information about breast cancer. There is a list of resources included in this packet, for further research and exploration.
- Give factual information to girls and try to explain information in easy-to-understand terms.
- Emphasize the importance of good health and paying attention to one’s body. Help girls develop their own values and behaviors consistent with good health.
- Respect different points of view and strategies for combating problems. People can pursue the same goal in different ways. Encourage girls to listen to and respect each other.
- Remember that girls have a variety of cultural and religious backgrounds, some of which may dictate if and how they receive health care. Learn about the backgrounds of the girls and respect them.

Earning the Breast Cancer Awareness Patch

To complete the requirements of the patch, girls must review the information in the Introduction and then complete six of the Breast Cancer Awareness Activities. Once completed, you may purchase the patches for the girls at any Girl Scout store.

When you are done with the patch program, please take the time to fill out the evaluation form with your troop so that we may continue to improve our services to you. The evaluation form is found on page 20. You can turn this form in to the Girl Scout store when you go to purchase the patches or turn it in to any service center.

Introduction

Breast cancer is a type of cancer which causes cells in the breast tissue to divide and grow without the usual controls on cell death and cell division. Without treatment, the cancer cells continue to grow and multiply.

Breast cancer is the most common type of cancer among women and the leading cause of death among women 40-59. One in every three cancer diagnosis among women is breast cancer (Susan G. Komen Breast Cancer Foundation).

Signs of Breast Cancer

The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see. If a woman experiences any of these symptoms, she should see a doctor right away:

- A lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in breast size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot

Risk Factors for Breast Cancer

The factors that increase a woman's risk of developing breast cancer are complex. Recent studies cause scientists to believe that it is caused by a combination of the following:

- Genetics (history of breast cancer in the family)
- Lifestyle choices (exercise, diet, alcohol consumption, etc.)
- Reproductive factors (such as the age a woman started menstruating and when she started menopause)

It is complicated and there is no precise answer for why someone develops breast cancer. Find out more specific information about risk factors by checking out a website such as the Susan G. Komen for the Cure (www.komen.org) or American Cancer Society (www.cancer.org).

Methods of Detecting of Breast Cancer

The only way to prevent breast cancer from spreading is early detection. If one finds breast cancer before it spreads, the chance of survival is almost 100%. Women can do breast self-exams and there are four methods of medical screening:

- Mammograms
- Digital mammograms
- MRI
- Clinical breast exams

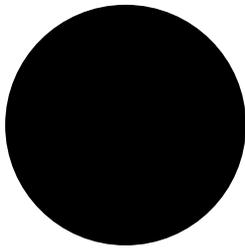
All of these screening methods have pros and cons and women should speak with their health care provider for guidance.

Detecting Breast Cancer

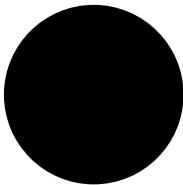
Women should begin monthly breast self exams by the time they turn 20. Women between the ages of 20 and 40 should have a clinical breast exam done by their health care provider every three years and women over 40 should have one every year. If a woman has any extra risk factors, such as a family history of breast cancer, she may need to begin these examinations earlier (American Cancer Society). If a woman notices any of the signs of breast cancer or other abnormalities, she should see her health care provider as soon as possible.

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.

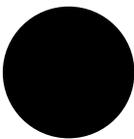
Size of lumps:



The average lump found by women who do not practice self-breast exams or have mammograms is the size of a ping-gong ball.



The average lump found by women who occasionally complete self-breast exams is size of a large button.



The average lump found by women who complete self-breast exams each month.



The average lump found by a healthcare provider giving a clinical breast exam.



The average lump found on a one-time mammogram.



The average lump found for a woman getting mammograms every year.

Prevention of Breast Cancer

Prevention is a very important way to protect yourself from breast cancer. The following behaviors may help you prevent breast cancer and other diseases from invading your body:

- Eat a healthy diet that is low in fat and high in fiber.
- Maintain your ideal weight through regular exercise, at least three times a week for 30 minutes (American Cancer Society).
- Don't smoke or drink alcohol. Smoking accounts for 30% of all cancer deaths (The Breast Cancer Research Foundation).
- Get plenty of rest and relaxation. Stress can weaken your immune system and cause you to get sick.

Treatment of Breast Cancer

Breast cancer treatments have improved greatly over the last 20 years, resulting in approximately 2.5 million survivors in America today. Most breast cancer treatments include a combination of surgery, radiation therapy, chemotherapy, hormone therapy and/or targeted therapy. An individual's treatment plan depends on growth of the cancer tumor, the health of the cancer patient and the wishes of the cancer patient. More details regarding treatment options are below:

Surgery

The goal of surgery is to remove the entire breast cancer tumor.

Lumpectomy: The surgical removal of the tumor itself and some of the normal tissue around it. The rest of the breast tissue remains intact.

Mastectomy: The surgical removal of all the breast tissue. This is often the safest form of breast cancer treatment. Breast reconstruction is available for those who have a mastectomy.

Radiation therapy

Radiation therapy means sending targeted, high-energy x-rays to the tumor to kill the cancer cells.

Chemotherapy

Chemotherapy drugs are injected through the veins and kill or disable cancer cells. This is a common treatment for many types of cancers is the type of therapy that can cause you to lose your hair.

Hormone Therapy

Hormone Therapy adjusts of levels of estrogen and/or progesterone (female hormones that are produced in the body), because these hormones sometime help the cancer cells to grow. Reducing the amount of these hormones available makes it more difficult for the cancer to grow and spread.

Targeted Therapy

Targeted Therapies are similar to chemotherapy, where a drug is used to kill the cancer cells. The difference is that target therapy drugs to do not as much damage to healthy cells as chemotherapy does. Since this therapy targets very specific types of breast cancer cells, it is only effective in a small number of people.

Breast Cancer Awareness Activities

Before starting any of the activities below, review the information in the Introduction. Complete **six** or more of the following activities to complete the Breast Cancer Awareness Patch. Please note the program grade level(s) assigned to each activity.

Cell Copying (Girl Scout Juniors through Ambassadors)

Cancer cells are formed by the splitting or copying of either new or dying cells within the body. Over time the cells in your body are copied many, many times. The more times a cell is copied the more chances there are for something to go wrong—thus cancer can develop. This is why cancer develops more often in older people than kids your age. Your chances of developing breasts cancer below the age of 30 is .001%. This activity shows the problems with copying a cell over and over again.

Materials Needed

Copy of pictures (included on pages 14 and 15) – 1 picture per girl

Vellum Tracing Paper – 3 sheets per girl

Pencil – 1 per girl

Directions

- 1) Each girl needs a copy of one of the pictures, three sheets of vellum and a pencil. Number each sheet of vellum 1, 2, 3.
- 2) Have the girls place sheet number 1 of vellum over the picture and trace the picture.
- 3) Next place a sheet number 2 of vellum over the first sheet of vellum and trace the picture.
- 4) Repeat for with sheet number 3 of vellum.
- 5) Take the sheets of vellum off the original picture and compare how closely you were able to create the same picture.
- 6) Discuss the results and what each copy of the image looks like.

Ask a Medical Expert (Girl Scout Junior and Cadette)

Invite a health care provider to talk to your troop about taking care of your bodies. Ask her/him how to tell a parent/guardian or health care provider about concerns you have about your body and what changes you should be expecting to see as you grow up and mature.

Ask a Medical Expert (Girl Scout Senior and Ambassador)

Invite a health care provider to talk to your troop about taking care of your bodies. Ask her/him how to tell a parent/guardian or health care provider about concerns you have about your body and what changes you should be expecting to see as you reach adulthood.

OR

Talk to an oncologist about how to prevent yourself from getting breast cancer. Learn the differences between breast cancer and other types of cancer. Ask information about getting a mammogram and any other questions you have about cancer.

Self-Reflection (Girl Scout Junior)

You are probably beginning to notice changes in your body. Take a look in the mirror and write down what you see. Use the questions below as guidance:

- What do I like about the way I look?
- What don't I like?
- What is new? What haven't I notice before?

Do this at least once a month for three months and note any changes in your body. Share with someone what you learned about yourself.

Breast Self-Exam (Girl Scout Cadette through Ambassador)

The more you know about your body, the better you will be able to judge if there are changes in the future. Learn how to do a breast self examination (directions are found on page 13). Practice doing one and note what your breast normally feels like. Learn all the bumps and marks. If something changes think about the time of the month and if those changes are to be expected, based on your menstrual cycle. If you are worried about something you have felt, talk to your mom or trusted adult or visit your doctor.

Explore the Community (Girl Scout Junior through Ambassador)

Participate in an educational activity related to cancer. You could:

- Visit a cancer fair
- Visit a health fair
- Participate in a cancer-related activity in your community

Share what you have learned with someone you care about.

Creativity for a Cause (Girl Scout Junior and Cadette)

Make posters or banners to teach people about the importance of your body's health or about breast cancer. Get permission to place them in your school, library, or other public place in your community.

Puzzle Pieces (Girl Scout Junior)

Create a puzzle that represents the many pieces that make up a healthy person. Include proper diet, exercise, regular appointments with a health care provider, etc. Ask a friend to try to put together your puzzle and explain how each behavior/piece affects the rest of the person/puzzle.

Literary Insight (Girl Scout Junior through Ambassador)

Read a book about someone who has had breast cancer. Keep a notebook of your reactions to the story or have a book group and discuss your reactions. Ask a health care provider, your Girl Scout Leader, or a parent/guardian about your questions.

Awareness Key Chain

Create a key chain to demonstrate the importance of Breast Health awareness. Beads of different sizes illustrate different sizes of lumps that potentially can be identified. More information regarding the sizes of breast cancer lumps is available in the Introduction.

Materials Needed

Pink Beads of increasing sizes, approximately 3/16", 3/8", 7/16", 5/8", 3/4" – 1 bead of each size per girl.

Key chain rings—1 per girl

String, or thin ribbon that is the right size to thread through the beads – approx 6-9" per girl

Optional: 5 Small beads per girl (3/16" or smaller) OR you can make knots, additional decorative elements, such as breast cancer ribbon charms.

Directions

- 1) Tie the string or ribbon to the key chain ring.
- 2) Slide the largest bead onto the string or ribbon.
- 3) Make a knot or slide a small bead on the string or ribbon.
- 4) Slide the next largest bead onto the string or ribbon.
- 5) Continue until the smallest bead is on the string or ribbon and tie off at the end.

Use the key chain as a reminder about breast cancer or give the key chain to someone you care about and explain the significance.

Healthy Weight (Girl Scout Junior through Ambassador)

One thing we all can do is to stay as healthy as possible. By finding out our Body Mass Index (BMI) and waist size we can determine if we are doing everything we can to stay healthy for a long time and reduce the risk of any type of cancer. Your BMI tells you the recommended weight range for your height. Using the information on pages 16-18, complete the following steps to see how your weight may be affecting your health.

Materials Needed

Weight scale

Cloth tape measure

BMI charts from pages 16-18

Pen/Pencil

Directions

- 1) Find out your height and weight.
- 2) Using the BMI chart on page 17, figure out what your BMI is.
- 3) Using the cloth tape measure, measure your waist, at its smallest point.
- 4) Check the charts to determine if you are at a healthy weight.

Healthy Living (Girl Scout Cadette through Ambassador)

Diet and exercise play a big role in the prevention of many diseases. Create a diet and exercise plan for yourself. Be sure to include foods and exercises that help prevent cancer and other diseases. Use the charts on page 19 to list the foods you eat and physical activity you get for at least 2 weeks. At the end of the two weeks, talk with someone about what you learned and answer the questions below.

Reflection Questions

What am I doing that is good for my health?

What are some things that I am doing that are not good for my health?

What are two things that I can improve upon?

Develop a plan to work on two things to improve your health.

Ask a Survivor (Girl Scout Junior through Ambassador)

Invite someone who has had breast cancer to talk to your troop about breast cancer and her experience. Ask her how to protect yourself and find out what her family and friends did that was helpful or supportive.

Friend Support (Girl Scout Cadette through Ambassador)

Volunteer to help care for or be a friend to a child with cancer. Help them feel safe and comfortable. Be involved and be informed. Find out what is happening to them and how they feel about it. Take pictures of your time with the child (with permission). Write or draw a picture about your experiences with the child and how you felt being with him/her. Share your experience with a friend.

Act It Out (Girl Scout Junior through Ambassador)

Write a play to teach other girls and women about breast cancer. Get some of your friends, breast cancer survivors, and/or family members together to practice your play. Then, perform it for a group in your community.

Community Outreach (Girl Scout Cadette through Ambassador)

Create an educational event for breast cancer or set up an educational booth at an existing community event. You may want to teach other Girl Scouts or other children about what you have learned. You can also invite health care providers and breast cancer patients to speak at your event.

Glossary

Adjuvant therapy- Treatment given in addition to the primary treatment.

Aspiration- Removal of fluid from a lump, often a cyst, with a needle.

Atypical hyperplasia- A benign condition in which breast tissue has certain abnormal features. This condition increases the risk of breast cancer.

Benign- Not cancerous, does not invade the nearby tissue or spread to other parts of the body.

Bone Marrow- The soft, sponge-like material inside the bones. Blood cells are produced inside the bone marrow.

Bone Marrow Transplantation- A procedure in which doctors replace marrow destroyed by high doses of anti-cancer drugs or radiation.

Biological Therapy- Treatment to restore the ability of the immune system to fight infection and disease. Often used after chemotherapy. Also called immunotherapy.

Biopsy- The removal of sample tissue, which is then examined under a microscope to check for cancer cells.

Cancer- A term for more than 100 diseases in which abnormal cells divide without control. Cancer cells can spread throughout the bloodstream and lymphatic system to other parts of the body.

Chemotherapy- Treatment with anti-cancer drugs.

Hormone Therapy- Treatment of cancer by removing, blocking, or adding hormones.

Hormones- Chemicals produced by glands in the body. Hormones control the actions of certain cells or organs.

Local Therapy- Treatment that affects cells in the tumor and the area close to it.

Lumpectomy- Surgery to remove only the cancerous breast lump, usually followed by radiation therapy.

Malignant- Cancerous, can spread to other parts of the body.

Mammogram- An x-ray of the breast.

Mammography- The use of x-rays to create a picture of the breast.

Mastectomy- Surgery to remove the breast.

Menopause- The time of a woman's life when menstrual periods stop.

Menstrual Cycle- The hormone changes that lead up to a woman having her period.

Metastasis- The spread of cancer from one part of the body to another.

Microcalcifications- Tiny deposits of calcium in the breast that one cannot feel but can detect through a mammogram. A cluster of these very small specks of calcium may show that cancer is present.

Oncologist- A doctor who specializes in treating cancer.

Prognosis- The probable outcome or course of a disease, the chance of recovery.

Prosthesis- An artificial replacement of a part of the body. A breast prosthesis is a breast form worn under clothing.

Radiation therapy- Treatment with high energy rays to kill cancer cells.

Remission- Disappearance of the signs and symptoms of cancer. Remission can be temporary or permanent.

Risk factor- Something that increases a person's chance of developing a disease.

Stage- The extent of the cancer. The stage of breast cancer depends on the size of the tumors and whether it has spread to other parts of the body.

Surgery- An operation.

Systemic therapy- Treatment that reaches and affects cells all over the body.

Tissue- A group or layer of cells that performs a specific function.

Tumor- An abnormal mass of tissue.

X-ray- High energy radiation used in high doses to treat cancer.

Resources

American Cancer Society-Minnesota Division

2520 Pilot Knob Rd, Ste 150
Mendota Heights, MN, 55120
(651)255-8100
<http://www.cancer.org>

African-American Breast Cancer Alliance

(612) 825-3675
<http://aabcainc.org>

Breast Cancer Network of Strength

<http://www.networkofstrength.org>

Melpomene Institute for Women's Health Research

550 Rice Street, Suite 104
St. Paul, MN 55103
(651) 789-0140
<http://www.melpomene.org>

National Breast Cancer Coalition

<http://www.stopbreastcancer.org/>

National Cancer Institute

<http://www.cancer.gov/>

Susan G. Komen Breast Cancer Foundation

1-877 GO KOMEN (1-877-465-6636)
<http://www.komen.org>

Women's Cancer Resource Center

(612) 822-4846
<http://www.givingvoice.org/>



Sensitive Issues Permission Form

I give permission for my Girl Scout, _____, to participate in the *Breast Cancer Awareness Patch Program* with her Girl Scout troop. I am aware of the topics that will be discussed and feel comfortable with my daughter learning about them.

Parent/Guardian Signature _____ Date _____



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Parent/Guardian Signature _____ Date _____

How to do a Breast Self Examination (BSE)

The best time to do a BSE is about a week after your period, when breasts are not tender or swollen. If you do not have regular periods or sometimes skip a month, do a BSE on the first day of the month.

In The Shower: Examine your breasts during a bath or shower; hands glide easier over wet skin. Holding your fingers flat, move gently over every part of each breast. Use right hand to examine left breast, left hand to examine right breast. Check for any lumps, hard knots or thickening.



Before a Mirror: Inspect your breasts with arms at your sides. Next, raise your arms high overhead. Look for any changes in contour of each breast, such as:

- swelling
- dimpling of the skin
- changes in the nipple



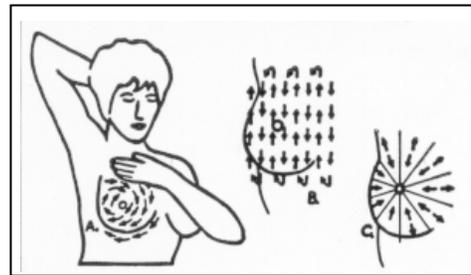
Then, rest palms on hips and press down firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do.

Your breasts will normally feel lumpy because of the fatty tissue that makes up the breasts. You must check your breasts regularly so you can recognize abnormal tissue. Regular inspection shows what is normal for you and will give you confidence in your examination.

Lying Down: To examine your breasts lying down, put a pillow under your shoulder on the same side as the breast you are examining. Place the arm on that side behind your head. Follow steps 1-5.



1. Use the finger pads (top third of each finger) of your three middle fingers to feel for lumps or thickening.
2. Press firmly enough to know how your breast feels. Try to copy the way your health care provider uses the finger pads during a breast exam. A firm ridge in the lower curve of each breast is normal.
3. To move around each breast, choose one method: the circle (A), the up and down (B), or the wedge (C). Use the same method each time.



4. If you find any changes, see your health care provider right away.
5. Finally, squeeze the nipple of each breast gently between thumb and index finger. You should report any discharge, clear or bloody, immediately.



Directions on how to do a Breast Self Exam from the American Cancer Society. For a free BSE shower card, ask your health care provider or contact the American Cancer Society.

Cell Copying Activity Images



Cell Copying Activity Images



Healthy Weight

What's your BMI?

A **BMI chart** tells you the recommended weight range for your height. The chart assigns a number, or BMI, to your weight. To calculate your BMI use the formula below, but you can use the included chart to get your BMI.

$$\text{BMI} = (\text{weight in pounds} \times 703) / (\text{height in inches} \times \text{height in inches})$$

What's your waist size?

After you know your BMI, it's time to look at your waist size.

Measuring your waist can help you find out how much fat you have stored around your belly. People who store fat around their belly are more likely to develop weight-related diseases.

Measure your waist at the smallest point with a tape measure. The tape should fit snugly but not press into your skin.

The goal for a healthy waist is:

Girls and young women ages 2-20—Less than 30 inches

Women over 20—Less than 36 inches

If you are ...	Then ...
In the underweight range on the BMI chart	See your doctor to find out if you have a medical problem that is causing your low weight.
Within the recommended BMI range and your waist size is within the recommendations	Your weight is not a problem for your health.
At or above the recommended BMI range and your waist size is higher than recommended	See your doctor to find out if you have health problems that might be related to your weight.
Above the recommended BMI range but your waist size is within the recommendations	Your weight may be right for you. But you need to check with your doctor to find out if you have health problems that might be related to your weight.

If you're at a healthy weight but are still unhappy with your weight, you're not alone. Lots of people are.

It can be hard to be satisfied with how you look when TV and magazines show unrealistic images of what it means to be thin. Here are some things to think about:

- There is no "ideal" body shape or body size. We let society tell us what "ideal" means, but the way a skinny model looks in a magazine or TV ad is not normal or "ideal."
- Do you feel good and have plenty of energy? Can you do the activities you want to do? That's what healthy living is all about, no matter what your weight is.
- Trying to lose weight when you don't have to can actually be bad for you. Most people who diet end up gaining back the pounds they lost...and more.

Healthy Weight BMI Chart Instructions

1. First select your height then select your weight.
2. Select the nearest value to your own if they are not displayed in the chart.
3. Your Body Mass Index will be listed at the top and bottom of the **body mass index chart**.

	Normal Weight (18.5-24.9)						Overweight (25-29.9)						Obese (over 30)				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (in)	Body Weight (in pounds)																
58" (4'10")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59" (4'11")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60" (5')	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61" (5'1")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62" (5'2")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63" (5'3")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64" (5'4")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65" (5'5")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66" (5'6")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67" (5'7")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68" (5'8")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69" (5'9")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70" (5'10")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71" (5'11")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72" (6')	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

Healthy Living Diet and Physical Activity Log

	What did you eat for...?				What kind of physical activity did you do and for how long?
	Breakfast	Lunch	Dinner	Snacks	
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Breast Cancer Awareness Patch Program Evaluation

Number of girls who participated: _____

Grade(s) of girls who participated: _____

Service Unit: _____

1. Which activities were the girls' favorites? least favorites?

2. What did the girls like best of the Breast Cancer Awareness Program?

3. Please rate the usability and quality of the Breast Cancer Awareness Patch Program materials:

- a. Excellent**
- b. Good**
- c. Satisfactory**
- d. Fair**
- e. Poor**

Why?

4. Please share any challenges in using the program and/or any suggestions for improvement:

5. Are there any other topics you would like to see covered by a program kit?

Contact Information (optional): _____

**Thank you for your feedback!
Turn in this form to the Girl Scout Store when you
purchase your Breast Cancer Awareness Patches.**