GROWING STRONG, STAYING HEALTHY:
Breast Health Awareness Patch Program for Girl Scouts

1 in 9: The Long Island Breast Cancer Action Coalition

GIRL SCOUTS ®
Where Girls Grow Strong.
ACKNOWLEDGEMENT

Girl Scouts of Nassau County would like to thank 1 in 9: The Long Island Breast Cancer Action Coalition for their grant which has made this program possible.

1 in 9: The Long Island Breast Cancer Action Coalition has taken the lead in reaching out to more than 20,000 girls in Nassau County. In creating this patch program, Girl Scouts of Nassau County worked closely with 1 in 9 as well as other breast cancer organizations to ensure that this program would be complete and accurate. By utilizing available community resources, as well as the resources of 1 in 9, we believe we have created an educational and informational program for Girl Scouts of Nassau County that is in keeping with our commitment to our mission.

1 in 9 has committed to funding this program until a cure for breast cancer can be found. As part of our commitment to 1 in 9, Girl Scout troops/groups make pink bows with ribbon provided by 1 in 9 on an ongoing basis.

MISSION STATEMENTS

GIRL SCOUTS OF NASSAU COUNTY

The council exists to offer all girls in Nassau County an opportunity to realize their full potential. It seeks to enable them to understand and become better prepared for the realities of their lives in a changing world, through activities that are consistent with the Girl Scout philosophy.

1 in 9: THE LONG ISLAND BREAST CANCER ACTION COALITION

To promote awareness of the breast cancer epidemic through education, outreach, advocacy, and direct support of research which is being done to find the cause of and cures for breast cancer and other related cancers. Since a high majority of breast cancer incidence falls outside the known risk categories, we are unique in looking at environmental factors as possible causes and in seeking and promoting ways to keep the environment healthy.

In pursuit of our goal, we pledge to expand and continue those projects that will result in the elimination of the breast cancer epidemic in our lifetimes.
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INTRODUCTION

There is good news about breast cancer! The majority of breast cancers can be cured with early detection and prompt treatment. According to the 1 in 9: The L.I. Breast Cancer Action Coalition, breast cancer strikes one in eight women nationally. While this is a startling statistic, it is encouraging to note that survival rates are extremely high once breast cancer is detected early.

Although we may not be able to change certain risk factors that are linked to breast cancer like environment, genetics, and heredity, there are practical lifestyle changes we can make to protect our health, even at a young age. Many girls and young women think breast health is more of an issue for older women. Yes, it is true that breast cancer most often strikes women over age fifty; however, it is not too early for Daisy Girl Scouts on up to Senior Girl Scouts to learn about the basics of prevention and early detection. Knowing the family history of illness, avoiding cigarettes and alcohol, making healthier food choices, exercising, and yes, doing proper Breast Self Exams, can help young girls become not only familiar with their bodies, but also familiar with caring for their bodies. This powerful notion, that young girls and young women can take control of their lives to grow strong and stay healthy, is the foundation of this Breast Health Awareness Patch Program.

HOW TO USE THIS WORKBOOK

** This workbook is divided into five sections – one for Daisy, Brownie, Junior, Cadette, and Senior levels of Girl Scouting. To earn the patch for this program, each level is required to complete a specified number of activities as follows:
- Daisy Girl Scouts – 1 activity out of 2
- Brownie Girl Scouts – 1 activity out of 2
- Junior Girl Scouts – 1 activity out of 2
- Cadette Girl Scouts – 2 activities
- Senior Girl Scouts – 2 activities and a Community Service Project

GRAPHICS KEY

- ![Breast Self Exam Home Activity](image)
- ![Key Point](image)
- ![To Earn the Program Patch](image)
- ![Community Action Project](image)
- ![Preparation Needed](image)
- ![Quiz](image)
- ![Home Activity](image)
- ![Program Links](image)

**note to leaders:
- Parental support and understanding is crucial to the success of all the activities in this program.
- Please inform parents/guardians of the activities in this program for your troop/group program level before beginning this program.
- Girls should be encouraged to share what they have learned in this program with their parents/guardians.
BREAST CANCER BASICS

"I'm too young to get breast cancer."
- 17 year old high school student

"No one in my family had breast cancer so I won't get it."
- 14 year old high school student

Girls and young women may have many misconceptions about breast cancer. Myths can rob girls and young women of their personal power to protect their health. Creating awareness and dispelling myths about breast cancer is a beginning step in prevention. According to the 1 in 9: The L.I. Breast Cancer Action Coalition, these are a few common myths held by girls and young women:

**MYTH:** "I'm too young to get breast cancer"

**FACT:** Diagnosis of breast cancer can occur at any stage in life. While it is true the average age for a woman to get breast cancer is in the 50's, young women in their 20's and 30's can get breast cancer.

**MYTH:** "No one in my family had breast cancer so I won't get it."

**FACT:** Many breast cancers occur in women who don't have a family history of breast cancer. 70% of women who have had a mother with breast cancer DO NOT develop breast cancer themselves. It is important for everyone to know their family health history.

**MYTH:** "The doctor checks my breasts when I go for a physical, right?"

**FACT:** An annual breast exam performed by a health professional should be done in 2 positions: lying down and sitting up. All of the breast tissue should be examined including areas surrounding the breast such as underneath the collarbone to the bra-line, from the breastbone to the armpit, and along the sides.

**MYTH:** "The card in the shower is a good reminder for my mother to check her breasts."

**FACT:** Breast self exams should NOT be done in the shower. The best place for the exam is 1) LYING DOWN and, 2) IN FRONT OF A MIRROR with dry hands.
BREAST HEALTH TIPS

- Women who exercised as adolescents for at least 4 hours per week can lower their lifetime risk for breast cancer by up to 60%.

- An adult woman can lower her lifetime risk for breast cancer by up to 30% by exercising 1 1/2 hours per week.

- Breast self examination can help women detect lumps smaller than the size of a pea.

- Mammography is the most effective part of the 3-step approach to early detection.

6 Ways to Lower the Risk of Breast Cancer:

1. KNOW YOUR FAMILY HISTORY
2. EXERCISE
3. LOWER FAT AND CALORIES FROM DIET TO AVOID BEING OVERWEIGHT
4. EAT 5-6 SERVINGS OF VEGETABLES AND/OR FRUITS EACH DAY
5. DON’T DRINK ALCOHOL
6. DON’T SMOKE

3 Steps to Early Detection:

1. ANNUAL PROFESSIONAL BREAST EXAM (2 positions, lying down and sitting up)
2. ANNUAL MAMMOGRAPHY (according to age and family history)
3. MONTHLY BREAST SELF EXAMINATION (BSE)
Daisy Girl Scouts

Breast Health Awareness Patch Program

1 IN 6
OBJECTIVE

- To learn healthy hygiene and safety habits

Daisy Girl Scouts are encouraged to know the parts of their bodies that require special attention. An activity that reviews the basics of good hygiene and safety raises awareness and promotes prevention of health problems.

Leader chooses 1 (one) of the 2 (two) activities.

ACTIVITY 1: MIX 'N MATCH!

1) Leader uses health and safety items to teach the troop/group about good hygiene and self protection.

2) One by one, Leader holds up an item and asks the Daisy Girl Scouts to identify the body part that the item is made to clean or protect.

3) Leader solicits different volunteers to demonstrate the proper use of each item.

4) Leader ends the activity by making the following KEY POINTS:

- Little girls need help from grown-ups to stay healthy.

- Little girls can do certain things by themselves to stay healthy and safe like: brushing their teeth, using protective gear for certain sports, getting a good night’s sleep, and putting on their seatbelts as soon as they get into a car.
MATERIALS NEEDED
- pictures, magazine cutouts, or other simulations may be used here
- toothbrush
- helmet
- knee pads
- sunblock
- gloves
- scarf
- children's vitamins
- (seat)belt

-OR-

ACTIVITY 2: COLOR ME HEALTHY!

1) Leader instructs the troop/group to draw pictures of healthy little girls. Included in their drawings are representations of "things that keep us from getting sick." (i.e., vitamins, hat and gloves in winter, sunblock in summer).

2) Leader solicits volunteers to describe their drawings.

3) Leader ends the activity by making the following KEY POINTS:

- Little girls need help from grown-ups to stay healthy.
- Little girls can do certain things by themselves to stay healthy and be safe like: brushing their teeth, playing sports for exercise, getting a good night's sleep, putting on their seatbelts, and eating fruits and vegetables.

MATERIALS NEEDED
- crayons
- paper
Program Links for Daisy Girl Scouts

Working with your troop/group on the Growing Strong, Staying Healthy: Breast Health Awareness for Girl Scouts, can help your girls work towards the following national Girl Scout proficiency awards.

Daisy Girl Scout Learning Petals
The Guide for Daisy Girl Scout Leaders
Respect Myself and Others, activity#1   Pg. 23
Brownie Girl Scouts

Breast Health Awareness Patch Program

GIRL SCOUTS®

THE LONG ISLAND BREAST CANCER ACTION COALITION

GIRL SCOUTS OF NASSAU COUNTY - GROWING STRONG - STAYING HEALTHY

1 IN 9

GIRL SCOUTS®
OBJECTIVE

- To promote awareness of healthy living

Brownie Girl Scouts are encouraged to think about what keeps little girls healthy. Recognizing and identifying healthy living habits reinforces the importance of self care.

Leader chooses 1 (one) of the 2 (two) activities.

ACTIVITY 1: THE PICTURE OF GOOD HEALTH!

1) Leader instructs the troop/group to create collages or posters of a healthy girl or girls. They may also use the household items to represent what is necessary to be healthy.

2) Leader encourages discussion by asking the troop/group to describe their collages or posters.

3) Leader ends the activity by making the following KEY POINTS:

- Different diseases like breast cancer can possibly be prevented through exercise, eating 5-6 servings of fruits and vegetables each day, and avoiding alcohol and cigarettes.

- Women with breast cancer can live healthy by taking care of themselves and going to the doctor.
MATERIALS NEEDED

- magazines
- scissors
- glue
- household items (i.e., dried macaroni, toothpicks, cotton balls, rice, vegetables, etc.)

-OR-

ACTIVITY 2: WORKIN' OUT!

1) Leader stresses the importance of regular exercise to keep both the mind and the body in good shape.

2) Leader demonstrates and instructs the troop/group to do the following:
   a) 10 jumping jacks
   b) 10 toe touches
   c) 10 seconds of running in place

3) Each Brownie Girl Scout then names her favorite exercise or sport with a demonstration of how it is played.

4) Leader encourages each Brownie Girl Scout to do her favorite exercise or sport at home with one of more members of her family.

5) Leader ends the activity by making the following KEY POINTS:
   - Exercise helps to keep young girls healthy, physically fit, and strong.
   - Playing sports or exercising with friends and family is fun and helps us to stick with it.
Program Links for Brownie Girl Scouts

Working with your troop/group on the Growing Strong, Staying Healthy: Breast Health Awareness for Girl Scouts, can help your girls work towards the following national Girl Scout proficiency awards.

Brownie Girl Scout Try-Its
Try-its for Brownie Girl Scouts

Dancercize Pg. 24
Eat Right, Stay Healthy Pg. 26
GirlSports Pg. 28
Healthy Habits Pg. 32
My Body Pg. 44
1 IN 9

Breast Health Awareness Patch Program
OBJECTIVE

- To promote breast health awareness to women in the family and community

Junior Girl Scouts can increase their own awareness about breast health as they bring awareness to the women in their lives.

Leader solicits input from the troop/group and chooses 1 (one) of the 2 (two) activities.

ACTIVITY 1: PROMOTING THE PINK!

1) Leader distributes long strips of pink ribbon, ruler, scissors, and safety pins to each Junior Girl Scout.

2) Leader instructs the troop/group to cut 4" strips of ribbon.

3) Leader presents a few basics on breast health (see "Breast Cancer Basics" on page 3) and encourages the troop/group to give the ribbons to women in their families and communities to promote breast health awareness.

4) Leader reviews the 6 WAYS TO LOWER THE RISK OF BREAST CANCER:
   1. Know your family history
   2. Exercise
   3. Lower fat and calories from diet to avoid being overweight
   4. Eat 5-6 servings of vegetables and/or fruit each day
   5. Don’t drink alcohol
   6. Don’t smoke

5) Leader ends the activity by making the following KEY POINT:

- The good news about breast cancer is that most breast cancer can be cured with early detection and prompt treatment.
MATERIALS NEEDED

- pink ribbon
- scissors
- small safety pins

-OR-

ACTIVITY 2: STAMPING OUT BREAST CANCER!

1) Leader asks if any of the Junior Girl Scouts have seen the US Postal Stamp for Breast Cancer Awareness.

2) Leader then shows the stamp (if she has it available) and informs the Troop/Group that the stamp, created in 1998, has increased breast health awareness and raised over $15 million for breast cancer research. Leader then instructs the troop/group to create its own version of a stamp promoting Breast Health Awareness.

3) Leader presents a few basics on breast health including the 5 Ways to Lower the Risk of Breast Cancer (see "Breast Cancer Basics" on page 3) and encourages each Junior Girl Scout to write a letter to a member of her family or her community. The letter should contain one or two points about breast health awareness and is "mailed" with their "stamp."
4) Leader ends the activity by making the following KEY POINTS:

- The good news about breast cancer is that most breast cancer can be cured with early detection and prompt treatment.

- Raising everyone's awareness about breast health can lead to early detection and treatment for women of all ages.

**MATERIALS NEEDED**

- colored markers, pencils or pens
- paper

Program Links for Junior Girl Scouts

Working with your troop/group on the Growing Strong, Staying Healthy: Breast Health Awareness for Girl Scouts, can help your girls work towards the following national Girl Scout proficiency awards.

**Junior Girl Scout Badges**  
*Girl Scout Badges and Signs*

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3) Leader instructs the troop/group to try a new activity, recipe, or exercise with a member of their family that is healthy and fun. The troop/group can bring their experiences to the next meeting and offer suggestions for others to try. This should lead to a group discussion about health and disease prevention.

4) Leader ends the activity by making the following KEY POINTS:

- The same lifestyle changes that are used to prevent other illnesses can be used to reduce the risk of breast cancer as well.

- Most breast cancer can be cured with early detection and prompt treatment.

-AND-

**ACTIVITY 2: LIFTING AS WE CLIMB!**

1) Leader instructs the troop/group to teach a local Daisy or Brownie Troop/Group about healthy hygiene habits. Skits, songs, puppet shows, or any other creative presentation can be used to engage the younger Girl Scouts in learning proper self-care.

**MATERIALS NEEDED**

- as needed
OBJECTIVES

- To promote breast health awareness in the family
- To make a presentation to a Daisy Girl Scout troop/group on health and hygiene

Cadette Girl Scouts learn the importance of practicing good health habits beginning with themselves, and promoting it to their families, and their communities.

Leader explains both activities then helps the troop/group decide which activity to complete first and which activity to complete second.

ACTIVITY 1: KNOW YOUR HISTORY!

1) Leader presents a few basics on breast health (see 'Breast Cancer Basics' on page 3) and encourages each Cadette Girl Scout to tell a woman in her family about the

6 WAYS TO LOWER THE RISK OF BREAST CANCER:
   1. Know your family history
   2. Exercise
   3. Lower fat and calories from diet to avoid being overweight
   4. Eat 5-6 servings of vegetables and/or fruits each day
   5. Don’t drink alcohol
   6. Don’t smoke

2) Leader instructs the troop/group to interview their parents, grandparents and/or siblings concerning their health. Each Cadette Girl Scout is to inquire about what health practices her family uses to prevent illness and stay healthy.
3) Leader instructs the troop/group to try a new activity, recipe, or exercise with a member of their family that is healthy and fun. The troop/group can bring their experiences to the next meeting and offer suggestions for others to try. This should lead to a group discussion about health and disease prevention.

4) Leader ends the activity by making the following KEY POINTS:

- The same lifestyle changes that are used to prevent other illnesses can be used to reduce the risk of breast cancer as well.

- Most breast cancer can be cured with early detection and prompt treatment.

-AND-

**ACTIVITY 2: LIFTING AS WE CLIMB!**

1) Leader instructs the troop/group to teach a local Daisy or Brownie Troop/Group about healthy hygiene habits. Skits, songs, puppet shows, or any other creative presentation can be used to engage the younger Girl Scouts in learning proper self-care.

**MATERIALS NEEDED**

- as needed
Program Links for Cadette Girl Scouts

Working with your troop/group on the Growing Strong, Staying Healthy: Breast Health Awareness for Girl Scouts, can help your girls work towards the following national Girl Scout proficiency awards.

**Cadette and Senior Girl Scout Interest Projects**

*Interest Projects for Cadette and Senior Girl Scouts*

- From Stress to Success  Pg. 30
- Generations in Hand  Pg. 32
- Women's Health  Pg. 82
- On the Playing Field  Pg. 164
- Sports for Life  Pg. 176
OBJECTIVES

- To test knowledge and learn about breast cancer through questions and answers
- To plan and conduct a community service project

Senior Girl Scouts can increase their awareness about breast health through fact finding and self-examination. This awareness can then be shared with others through community service.

Leader explains both activities then helps the troop/group decide which activity to complete first and which activity to complete second. Leader also helps the troop/group choose a community service project.

ACTIVITY 1: KNOW YOUR HISTORY!

1) Leader presents a few basics on breast health (see "Breast Cancer Basics" on page 3) and encourages each Senior Girl Scout to tell a woman in her family about the 6 WAYS TO LOWER THE RISK OF BREAST CANCER:
   1. Know your family history
   2. Exercise
   3. Lower fat and calories from diet to avoid being overweight
   4. Eat 5-6 servings of vegetables and/or fruits each day
   5. Don't drink alcohol
   6. Don't smoke

2) Leader instructs the troop/group to interview their parents, grandparents and/or siblings concerning their health. Each Senior Girl Scout is to inquire about what health practices her family uses to prevent illness and stay healthy.

3) Leader instructs the troop/group to try a new activity, recipe, or exercise with a member of their family that is healthy and fun. The Senior Girl Scouts can bring their experiences to the next meeting and offer suggestions for others to try. This should lead to a group discussion about health and disease prevention.
4) Leader ends the activity by making the following KEY POINTS:

- The same lifestyle changes that are used to prevent other illnesses can be used to reduce the risk of breast cancer as well.
- Most breast cancer can be cured with early detection and prompt treatment.

-AND-

**ACTIVITY 2: How Much Do You Know About Breast Cancer?**

Quiz.

1) Leader can use the quiz in various ways:
   - for a group activity by reading the quiz aloud
   - for each Senior Girl Scout to complete
   - for small group work by forming triads
   - for a take home activity to complete with one or more family members

2) Leader uses the answer key to educate the troop/group with particular emphasis on the basics of a proper Breast Self Exam (BSE). Leader emphasizes that the best way to learn how to do a BSE is through a presentation by a health professional. Leader informs the troop/group of their option to arrange a presentation as part of the community service project.

3) Leader presents the following basic points for Senior Girl Scouts to consider as an important part of breast health awareness:
   - a BSE has 2 components – a manual exam and a visual exam
   - a BSE should NOT be done in the shower but lying down, with dry hands

Continued
- a BSE should be done every month, 7 days after the start of the menstrual period
- a BSE should detect any changes in the breast from the previous month’s BSE
- Most changes found in the breast during a BSE are harmless

4) Leader creates discussion by asking the troop/group to list the reasons why many women fail to do Breast Self Exams every month.

5) Leader ends the activity by making the following KEY POINTS:

- It is important to overcome obstacles such as fear, shame, forgetfulness, and embarrassment in order to take control of our health.

- Accurate information and support can help girls and young women overcome these obstacles so diseases can be detected early and successfully treated.

- A common myth is that young women are not at risk for breast cancer. This disease can, and does occur in young women in their 20’s and 30’s making it important for them to know about breast health.

**MATERIALS NEEDED**

- "How Much Do You Know About Breast Cancer?" Quiz, page 28
- pens or pencils
SENIOR GIRL SCOUTS COMMUNITY SERVICE PROJECT

Have the troop/group choose one of the following community service projects:

1) Organize a "Pot Luck" Dinner featuring a low fat, high fiber selection of foods, foods that are associated with decreasing the risk of developing breast cancer. Invite friends and family. Sponsor the event with Hewlett House or another local community organization as a possible location to promote breast health awareness and education.

2) Solicit educational materials from any of the resources listed in this workbook. Organize a Breast Health Awareness Day in your school, religious organization, or local community using the materials obtained.

3) Support the work of the 1 in 9: The Long Island Breast Cancer Action Coalition by calling 516-357-9622. Help organize the yearly Long Island Breast Cancer Walk. Volunteer to distribute fliers, stuff envelopes, send mailings, etc. Organize your troop/group to sponsor someone to walk.
Program Links for Senior Girl Scouts

Working with your troop/group on the Growing Strong, Staying Healthy: Breast Health Awareness for Girl Scouts, can help your girls work towards the following national Girl Scout proficiency awards.

**Cadette and Senior Girl Scout Interest Projects**

*Interest Projects for Cadette and Senior Girl Scouts*

- From Stress to Success  Pg. 30
- Generations in Hand         Pg. 32
- Women's Health             Pg. 82
- On the Playing Field        Pg. 164
- Sports for Life             Pg. 176
RESOURCES

1 in 9: The Long Island Breast Cancer Action Coalition
2201 Hempstead Turnpike
East Meadow, NY 11554
357-9622
Educational materials, support groups, advocacy, and lobbying.

American Cancer Society
839 Stewart Avenue
Garden City, NY 11530
229-4100
(800) ACS-2345
Information on programs, events, services, and donations.

Cancer Care, Inc.
20 Crossways Park North
Woodbury, NY 11797
364-8130
website: www.cancercare.org
Educational programs, free counseling and support groups for survivors and their families, financial assistance.

Hewlett House: A Comprehensive Learning Resource Center for Breast Cancer
86 East Rockaway Road
Hewlett, NY 11557
572-5219
Resource library, crisis counseling, nutrition classes, workshops, referrals.

Nassau County Department of Health Breast Cancer Screening Program
2201 Hempstead Turnpike
East Meadow, NY 11554
572-3300
Mammography, clinical breast exams, educational materials available on-site only.

Mobile Units at local Community Centers:
Freeport, 571-8600
Hempstead, 572-1300
Westbury, 571-9500
Elmont, 571-8200

Adelphi University School of Social Work
New York Statewide Breast Cancer
Hotline and Support Program
Garden City, NY 11530
877-4320
hotline 877-4444
"Race for a Cure" Youth Video, educational materials, survivor speaker's bureau, support groups.

Susan G. Komen Breast Cancer Foundation
765 Northpark Center
Dallas, TX 75225
(800) 462-9273
websites: www.breastcancerinfo.com
www.nyraceforacure.com

Distribution Center
(877) 745-7467
Catalog featuring: educational materials, support information for survivors and families, merchandise, breast self exam and mammography reminders.

The Maurer Foundation for Breast Health Education
55 Bryant Avenue
Roslyn, NY 11576
(800) 853-LEARN
626-5230
website: www.maurer-foundation.org
Community education, tailored presentations for young women and girls.

1-800-FOR-CANCER
24 hour hotline for technical questions answered by a registered nurse
QUIZ

"How Much Do You Know About Breast Cancer?"

1. ______ women nationally will develop breast cancer in their lifetime.
   a) 1 in every 8        d) 1 in every 20
   b) 1 in every 4        e) 1 in every 100
   c) 1 in every 15       

2. Breast self exams should be performed:
   a) every 6 months     d) every day
   b) once a year         e) every 3 months
   c) once a month        

3. Women should start performing breast self exams at the age of:
   a) 18                 d) 20
   b) 25                 e) 15
   c) 30

4. The best time to perform a breast self exam is:
   a) during your menstrual period
   b) when you are ovulating
   c) the week before your menstrual period
   d) anytime is ok
   e) the week after your menstrual period

5. Breast self exams are best performed:
   a) after exercising    d) in the shower
   b) none of these       e) lying down and standing in front of a mirror
   c) in the bath

6. When doing a breast self exam, what should you look for?
   a) nipple discharge    d) all of these
   b) dimpling, lumps,    e) changes in your skin color and texture
       or bumps
   c) none of these

7. Women between the ages of 20-39 should have a breast exam performed by their doctor:
   a) every 4 years       d) once a year
   b) every 5 years       e) every 2 years
   c) every 3 years

8. Women between the ages of 40-64 should have a breast exam performed by their doctor:
   a) every 3 years       d) once a year
   b) every 4 years       e) every 2 years
   c) every 5 years

9. A mammogram is:
   a) a doctor performed breast exam
   b) a self performed breast exam
   c) all of these
   d) none of these
   e) x-ray of the breast

10. Women should have their first mammogram at:
    a) age 40              d) age 18
    b) age 35              e) age 50
    c) age 25
"How Much Do You Know About Breast Cancer?"

Answer Key

1. Answer: a) 1 in 8
   One in every nine women will develop breast cancer in their lifetime. On Long
   Island, the percentage is one in every seven.
   (Source: 1 in 9: The L.I. Breast Cancer Action Coalition)

2. Answer: c) Once a month
   Breast self exams should be performed on a monthly basis 5-7 days after the menstrual
   period. For menopausal women, the breast self exam should be on the same date each
   month.
   (Source: Maurer Foundation for Breast Health Education)

3. Answer: a) 18
   Young women 18 years old and older should examine their breasts every month.
   By doing this, young women become familiar with their breasts and can detect changes
   early.
   (Source: Maurer Foundation for Breast Health Education)

4. Answer: e) The week after the menstrual period
   The best time for a woman to examine her breasts is the week following her menstrual
   period. Breasts are less tender and swollen so the exam is more comfortable to perform.
   Also, hormonal influence on the breast tissue is lower at this time so breast tissue is less
   likely to feel irregular.
   (Source: allHealth Breast Care Center)

5. Answer: c) Lying down and standing in front of a mirror
   Breast self exams have two components: a manual exam and a visual exam. The manual
   is best performed lying down, with dry hands. The visual exam is best performed in front of
   a mirror.
   (Source: Maurer Foundation for Breast Health Education)

6. Answer: d) All of these
   A woman should see her doctor if she notices any of these changes: a lump or
   swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or
   scaliness of the nipple or breast skin, leakage (other than breast milk during pregnancy).
   Most lumps are not cancer, but all lumps should be checked out by a doctor.
   (Source: American Cancer Society)

7. Answer: d) Once a year
   Between the ages of 20-39, women should have a clinical breast exam by their doctor
   every year along with their annual gynecological check-up.
   (Source: Maurer Foundation for Breast Health Education)

8. Answer: d) Once a year
   Between the ages of 40-64, women should have a yearly clinical breast exam by their
   doctor.
   (Source: American Cancer Society)

9. Answer: e) An x-ray of the breast
   Mammography is a low dose x-ray procedure that allows the doctor to view the internal
   structure of the breast.
   (Source: American Cancer Society)

10. Answer: b) Age 35
    Every woman should begin going for mammography at the age of 35.
    Mammography is not nearly as effective for younger women because their breasts are
    too dense. Women should get their baseline mammography at age 35 and then go yearly
    at the age of 40 and after.
    (Source: Maurer Foundation for Breast Health Education)