

**Girl Scouts of Historic Georgia and
American Cancer Society Present:**

In Her Honor Breast Health Project



**In Her Honor:
A Girl Scouts of Historic Georgia Service Project**

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. It would be highly appropriate for Girl Scouts of Historic Georgia to mark the anniversary of their founder's birth by doing something to support breast cancer awareness. 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.

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

Girl Scout 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 Girl Scouts of Historic Georgia
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

Girl Scout Brownies: Must complete requirement 1 and 2 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 Girl Scouts of Historic Georgia
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

Girl Scout Juniors: Must complete requirement 1 and 3 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 Girl Scouts of Historic Georgia
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

Girl Scout Cadettes, Seniors and Ambassadors: Must complete requirements 1, 2, 3 & 4 and at 2 of the 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 Girl Scouts of Historic Georgia
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.

Juliette Gordon Low

Birth: October 31, 1860

Death: January 17, 1927

Founder of the Girl Scouts of the USA – Juliette Gordon Low came from a prominent Savannah, Georgia, family. After being educated at private boarding schools in Virginia and New York, she spent many years travelling the world.

Juliette met and married William Mackay Low, a wealthy Englishman, and moved to England. There she met Robert Powell, the founder of England's Boy Scouts and Girl Guides, who inspired her to organize her own troops of Girl Guides. She returned to the U.S. during the Spanish-American War to aid in the war effort.

Juliette established the first U.S. troop of Girl Guides in Savannah in 1912. The organization proliferated, and its name was changed to the Girl Scouts of America in 1913. The same year a national headquarters in Washington, D.C. was opened, and Juliette became its first president.

She was 51 when she founded the Girl Scouts and 63 when she was diagnosed with cancer. Told there was little medicine could do for her, she kept her illness secret and continued working to promote Girl Scouting until her death four years later. Juliette was buried in her Girl Scout uniform.

At the time of her death in 1927 there were more than 165,000 Girl Scouts in the United States. Today there are more than four million.

Georgia Breast Cancer Facts & Figures

25,891 women will be diagnosed with Breast Cancer this year.

40.80% of women age 40 and over do not get an annual screening for Breast Cancer.

26.7% females in Georgia eat 5 fruits and vegetables per day.

19.4% females in Georgia smoke.

31.3% females get no physical activity.



Breast Cancer – How to Reduce Your Risk:

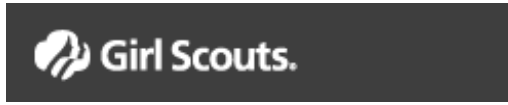
☺ Get 30 minutes of physical exercise every day.

☺ ☺ Maintain a healthy weight.

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

☺ ☺ ☺ ☺ Eat low-fat foods.

☺ ☺ ☺ ☺ ☺ **DON'T SMOKE.**



Girl Scouts of Historic Georgia
In Her Honor
Breast Health Project
Hope Starts With Me!
Will you pledge to get a mammogram?

1. _____
Name (Please print) Phone Number
2. _____
3. _____
4. _____
5. _____



Breast Health - Quiz

Do you know the truth about breast cancer?

Source: American Cancer Society, October 2002

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.

<http://www.mth.org/breastselfexam.html>

Resources

Girl Scouts are invited to visit any of the following locations to gather information.

Websites:

- www.cancer.org

American Cancer Society

Your local Library

Mammogram Facilities

- Local Health Department
- Hospitals
- Imaging Centers

Community/Service Opportunities

- Making Strides Against Breast Cancer (10/25) Atlantic Station, Atlanta, Georgia
- Relay for Life
- Local Events

Support Groups

The BreasTest & More Program can provide eligible Women with a mammogram at *no cost*. 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, call the American Cancer Society at 1-800-ACS-2345 to find a BreasTEST & MORE program near you, or visit: <http://health.state.ga.us/programs/cancer/csp.asp>.

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, 1 ½ 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.

If 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 your 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:
 - o Four Corners
 - o Diagonal
 - o Horizontal
 - o 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:
 - o Marker, pencil, crayon, etc.
 - o BINGO sheet
 - o Players
- There are 4 different BINGO sheets
- Copy sheets before using, in case you need extras

Breast Health BINGO

1. What is breast cancer?

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

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

Over 200,000

3. How many men will be diagnosed with breast cancer?

Over 1,600

4. What are the most important screening methods?

Mammogram, clinical breast exam and self breast exams

5. Am I at risk for breast cancer?

Yes, all women are at risk

7. What famous Girl Scout died from breast cancer?

Juliette Gordon Low

8. What is a breast cancer awareness symbol?

Pink Ribbon

9. Why is there an In Her Honor patch?

To teach young girls about breast health

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

1-800-I'M AWARE

11. What is the average lump found by accident?

The size of a silver dollar

12. What is a mastectomy?

The breast is surgically removed

13. What are the common forms of treatment?

Surgery, chemotherapy, radiation and hormone therapy

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

Relay for Life

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

Lumpectomy

16. Does breast cancer always lead to death?

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

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

Malignant tumors

18. How often should you get mammograms?

Annually after age 40

19. How often should you have a clinical breast exam?

Every three years starting at age 20

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

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

Radiation

22. Is there a website I can visit for more information?

www.cancer.org

23. What type of breast cancer has spread into nearby tissue?

Invasive

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

Mammogram

25. You should do these at least once a month.

Breast Self-Exam

BINGO

Radiation	Yes, all women are at risk	Every three years starting at age 20	Over 1,600 men	The most common form of cancer found among women in the USA
Free	No, with regular screenings, breast cancer can be detected early	Over 200,000 women	Annually after age 40	Surgery, chemotherapy, radiation and hormone therapy
Mammogram	1-800-I'M AWARE	FREE "Early Detection Saves Lives"	Juliette Gordon Low	Malignant Tumors
Mammogram, clinical breast exam, self breast exam	Chemotherapy	Lumpectomy	Pink Ribbon	Teach young girls about breast health
The breast is surgically removed	Advancing research, education, screening and treatment	www.cancer.org	The size of a silver dollar	Invasive

BINGO

Relay for Life	Advancing research, education, screening and treatment	Malignant tumors	www.cancer.org	Breast Self-Exam
Invasive	Most common form of cancer found among women in the US	The breast is surgically removed	Mammogram, clinical breast exam, self breast exam	Free
Annually after age 40	Chemotherapy	FREE “Early Detection Saves Lives”	Juliette Gordon Low	Lumpectomy
Over 1,600 men	Surgery, chemotherapy, radiation and hormone therapy	Yes, all women are at risk	Every three years starting at age 20	1-800-I’M AWARE
To teach young girls about breast health	The size of a silver dollar	Radiation	Over 200,000 women	Mammogram

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

Average-size lump found by getting regular mammograms

• 3mm

Average-size lump found by first mammograms.

• 5mm

Average-size lump found by women doing regular breast self-exams (BSE)

● 8 mm

Average-size lump found by women doing occasional breast self-exams (BSE)

● 16mm

Average-size lump found by women untrained in BSE

● 25mm

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 Historic Georgia in their effort to educate all women about breast cancer.