

Breast Cancer Awareness

A patch program for troops or groups who are interested in learning about breast cancer awareness. Complete six (6) of the following nine (9) sets of activities, including the required *Take Action* component.

Risk Factors	<p>Find out about the risk factors for breast cancer.</p> <ul style="list-style-type: none"> • What role does your family history and lifestyle play? How many women contract breast cancer each year?
Family Medical History	<p>Complete a family medical history.</p> <ul style="list-style-type: none"> • Find out about the health of your parents, your aunts and uncles, and your grandparents. Write down their significant health risks, such as heart disease, diabetes, strokes, cancer, and any other important health factors. This is for the girls' information only and does <u>not</u> need to be shared with the group.
Radiology	<p>Visit a radiology center or OB/GYN office to find out about mammography.</p> <ul style="list-style-type: none"> • 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 radiotherapist tell the girls about his/her job. What does she/he do? What are the positive and negative aspects of the job?
Spread the Word	<p>As a service project, distribute informational materials on breast cancer to two or more women.</p> <ul style="list-style-type: none"> • You might consider sharing your knowledge with your mom, older sisters, aunts, grandmothers, neighbors, and friends. Materials can be obtained from the American Cancer Society.
Watch and Learn	<p>Watch a video on breast self-examination.</p> <ul style="list-style-type: none"> • 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.
Detection	<p>Learn about the signs and symptoms of breast cancer.</p> <ul style="list-style-type: none"> • Find out about the three-step early detection program recommended by the American Cancer Society and other leading health organizations.
Treatments	<p>Find out about the most current treatments for breast cancer, and the pros and cons of each treatment.</p> <ul style="list-style-type: none"> • Sources of information might include oncology doctors and nurses, radiologists, and the internet.
Connect	<p>Invite a breast cancer survivor to come to speak to your troop about her experience.</p> <ul style="list-style-type: none"> • The American Cancer Society can put you in touch with survivors who are willing to speak to groups.
Take Action <i>*Required*</i>	<p>Help out with the American Cancer Society's "Relay For Life" or a Breast Cancer Awareness run/walk in your community.</p> <ul style="list-style-type: none"> • Girls can help with mailings, serve refreshments to participants, or help with set up or clean up, distribute brochures and flyers, and much more. Contact your local American Cancer Society office for the dates and locations of the events near you.