



Breast Cancer Awareness Patch

Breast Cancer has special significance for **all** Girl Scouts, not only because we are female, but also because our founder, Juliette Gordon Low, died from it. Today, modern medical advances make detecting and treating breast cancer a lot easier than it was back in 1927. Girl Scouts of Indian Waters Council is teaming up with the American Cancer Society to educate young women about breast cancer. This is an opportunity to learn about breast cancer—something all girls and women (and men) need to know about. In this case, knowledge is power and responsibility!

Who is at risk for breast cancer?

All women are at risk for breast cancer. It now causes more deaths among women than any other form of cancer except lung cancer. Many breast cancers may be curable if they are found early.

Who can earn the Breast Cancer Awareness Patch?

The patch is designed for Junior and STUDIO 2BSM (Cadette and Senior Girl Scouts).

Why should Girl Scout troops learn about breast cancer?

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. And as Girl Scout troops work on the patch, they will help educate their friends and family members.

How do Girl Scout troops earn this patch?

The patch requirements are included in this booklet. 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 included in this booklet and available from your local American Cancer Society office.



Girl Scouts.



This patch program was assembled through collaboration between Girl Scouts of Indian Waters Council, The American Cancer Society, and HERS Center for Women.

Breast Cancer Awareness Patch 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 a combination of the two methods. Resource materials are included in this booklet and available from your local American Cancer Society office.

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", in this booklet 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. 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?
4. 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.
5. Help out with the American Cancer Society's "Relay For Life" or Breast Cancer Awareness Run/Walk in your community or area. Girls can help with mailings, serve refreshments to participants, 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 events near you.
6. 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?
7. Learn about the signs and symptoms of breast cancer. Find out about the three-step early detection program recommended by the American Cancer Society and other leading health organization.
8. Find out 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.
9. 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.

Breast Cancer Awareness Patch Program
Family Medical History

In each box, write the person's name, birth date, major health concerns, 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 broke 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 (+ age it occurred)
ST = Stroke (+ age it occurred)
C = Cancer (what type)
S = Smoker
LD = Lung Disease
O = Overweight

Your Mom

You

Your Dad

Your Mom's Sisters & Brothers

Your Dad's Sisters & Brothers

**Your Mom's
Mother**

**Your Mom's
Father**

**Your Dad's
Mother**

**Your Dad's
Father**

Breast Cancer Awareness Patch Resource List

Helpful Internet Sites

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.

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.

www.cancernet.nci.nih.gov

National Cancer Institute – See description in the column to the right.

www.2Bme.org

This is a web site for teens with cancer.

Don't have access to the Internet at your meeting site? Why not hold a meeting in a troop member's home that does? Or use a lab at school (check with the principal or computer teacher) or library. Or you can have girls with internet access find the information and bring it to a meeting to share with other girls.

Other Resources

American Cancer Society's

Toll-free Number
800/ACS-2345

Y-Me

National Hotline
800/221-2141

Staff and volunteers who have had breast cancer provide information, support and access to thousands of resources – available 24 hours a day.

Y-Me

Local Chapter Support Group
715/839-4276
Monthly education and support meetings.

HERS Center for Women

715/834-HERS
800/236-HERS

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.

National Cancer Institute

800/4-CANCER
(800/422-6237)

This is a free public service that answers cancer related questions and distributes materials to patients, the public and health professionals

**Limited Resources Available
to Check Out from the
Library at the Council Office**