شراكة الولايات المتحدة الأمريكية والشرق الأوسط
لمكافحة سرطان الثدي ونشر الوعي والبحوث

US–MIDDLE EAST PARTNERSHIP FOR
BREAST CANCER AWARENESS AND RESEARCH

Breast Health Awareness Program Planning

Sample Curriculum: Lunchtime Information Session

Materials received from The Susan G. Komen Breast Cancer Foundation and Johns Hopkins Medicine International

Lesson Plan Outline

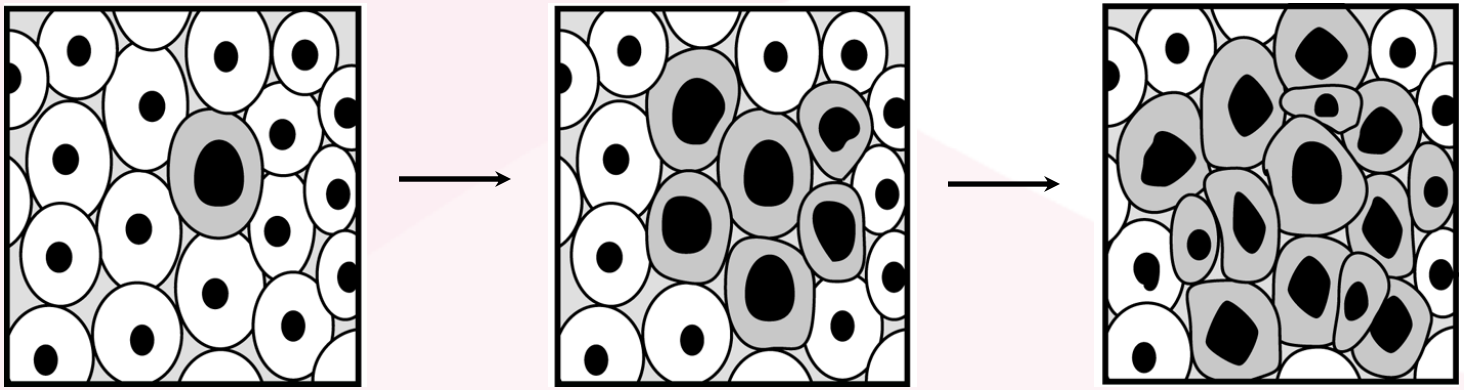
- What Is Breast Cancer?
- A Look at Breast Cancer
- Breast Cancer Snapshot
- Breast Cancer Statistics
- Common Breast Conditions
- Risk Factors
- Signs & Symptoms
- Early Detection
- Treatments
- Takeaway Lessons
- Q&A Session

What Is Breast Cancer?

- Breast cancer is the result of uncontrolled cell growth, where cells in the breast tissue divide and grow without the usual controls on cell death and division.

A Look at Breast Cancer

- The light circles represent normal breast cells, while the dark-shaded circles represent cancerous breast cells. As the cancerous cells grow and multiply, they develop into a malignant tumor within the breast.



Adapted from materials developed by the Susan G. Komen for the Cure.

Breast Cancer Snapshot

- Breast cancer is the most common type of cancer among women.
- When diagnosed early, your chances of survival are the greatest. When the cancer is confined to the breast, the 5-year survival rate in the U.S. is more than 95 percent.
- Although more common among women over 40, younger women also can develop the disease.
- All women are at risk for breast cancer.

Adapted from materials developed by the Susan G. Komen for the Cure.

Breast Cancer Statistics

- Worldwide, breast cancer is the leading cause of cancer-related deaths for women aged 15 to 64.
- Worldwide, one person is diagnosed with breast cancer every 30 seconds.
- Worldwide, one person dies of breast cancer every 90 seconds.

Adapted from materials developed by the Susan G. Komen for the Cure.

Common Breast Conditions

- Fibrocystic breasts
- Cysts
- Fibroadenomas
- Intraductal papillomas
- Mastitis

Adapted from materials created by National Cancer Institute.

Risk Factors

Factors that may increase your risk of breast cancer:

- Getting older — the older you get, the greater your risk of breast cancer
- Having an inherited mutation in the BRCA1 or BRCA2 breast cancer genes
- Having a previous biopsy showing hyperplasia or carcinoma in situ
- Family history of breast cancer
- Having high breast density on a mammogram
- Being exposed to large amounts of radiation, such as having very frequent spine X-rays during scoliosis treatment or treatment for Hodgkin's disease at a young age
- Personal history of breast or ovarian cancer
- Starting menopause after age 55
- Never having children
- Having your first child after age 35
- High bone density
- Being overweight after menopause or gaining weight as an adult
- Having more than one drink of alcohol per day
- Currently or recently using combined estrogen and progesterone hormone replacement therapy (HRT)
- Being younger than 12 at the time of your first period
- Current or recent use of birth control pills

Adapted from materials developed by Susan G. Komen for the Cure

Signs & Symptoms

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of nipple or breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away
- Pain or tenderness not associated with menstrual cycle

Adapted from materials developed by Susan G. Komen for the Cure.

Early Detection

Three Steps

- Monthly breast self-exams from age 20
- Clinical breast exams every 2–3 years after age 20
- Annual screening mammogram beginning at age 40

Early Detection

Mammography

- Mammography is the best method available for diagnosing breast cancer at a stage when it can be most effectively treated.
- Mammography can identify breast cancer several years before it can be felt on a physical examination.

Early Detection

Screening Mammography

- Mammography will detect about 90 percent of breast cancers in women who have no symptoms.
- Mammography is highly accurate, but like most medical tests, it is not perfect.

Adapted from materials developed by the Susan G. Komen Breast Cancer Foundation.