

SESSION #1

Breast Cancer

Early Detection May Save Your Life



Steps To Fight Against Breast Cancer

#3: For Our Communities

**#2: For Our Friends and
Family**

#1: For Ourselves

Themes



- **Breast cancer is an important theme for Latinas**
- **The methods for early detection**
- **Barriers and solutions to overcome them**

My Personal Experience with Breast Cancer



**Breast cancer
is the most
common form
of cancer
among Latinas**



Risk Factors

I am a woman		I am 50 or more years of age		
My mom, sisters, or daughters have had breast cancer		My mom, sisters, or daughters have had ovarian cancer	My mom, sisters, or daughters have had fallopian tube cancer	My dad, brothers, or have had male breast cancer
I started my period at the age of 12 years old or younger		I don't have children or I didn't have children before the age of 30 years old	I have used birth control for 5 years or more	
I have had breast cancer	I have had ovarian cancer	I have had fallopian tube cancer	I have had hormone replacement therapy	
My doctor has told me I'm overweight	I work out for less than 150 minutes per week		I drink more than 1 alcoholic beverage a day	



Latinas have a high probability to be diagnosed at a more advanced stage.



Methods of Early Detection

Mammograms



Process

The breasts
are
compressed
to take x-
rays

Ages

For
ages
50-74

Frequency

Annual
exam or
every two
years

Clinical Exams



Process

**A medical professional
feels the
chest area for
lumps,
pellets, or
any
abnormality**

Ages

**For ages
20+ years**

Frequency

Every year

Self-Exams



Process

You yourself
feel the chest
area for
lumps, pellets,
or any
abnormality.

Ages

For ages
20+ years

Frequency

Every
month

Which Method of Detection is the Best?

Size of Nodule



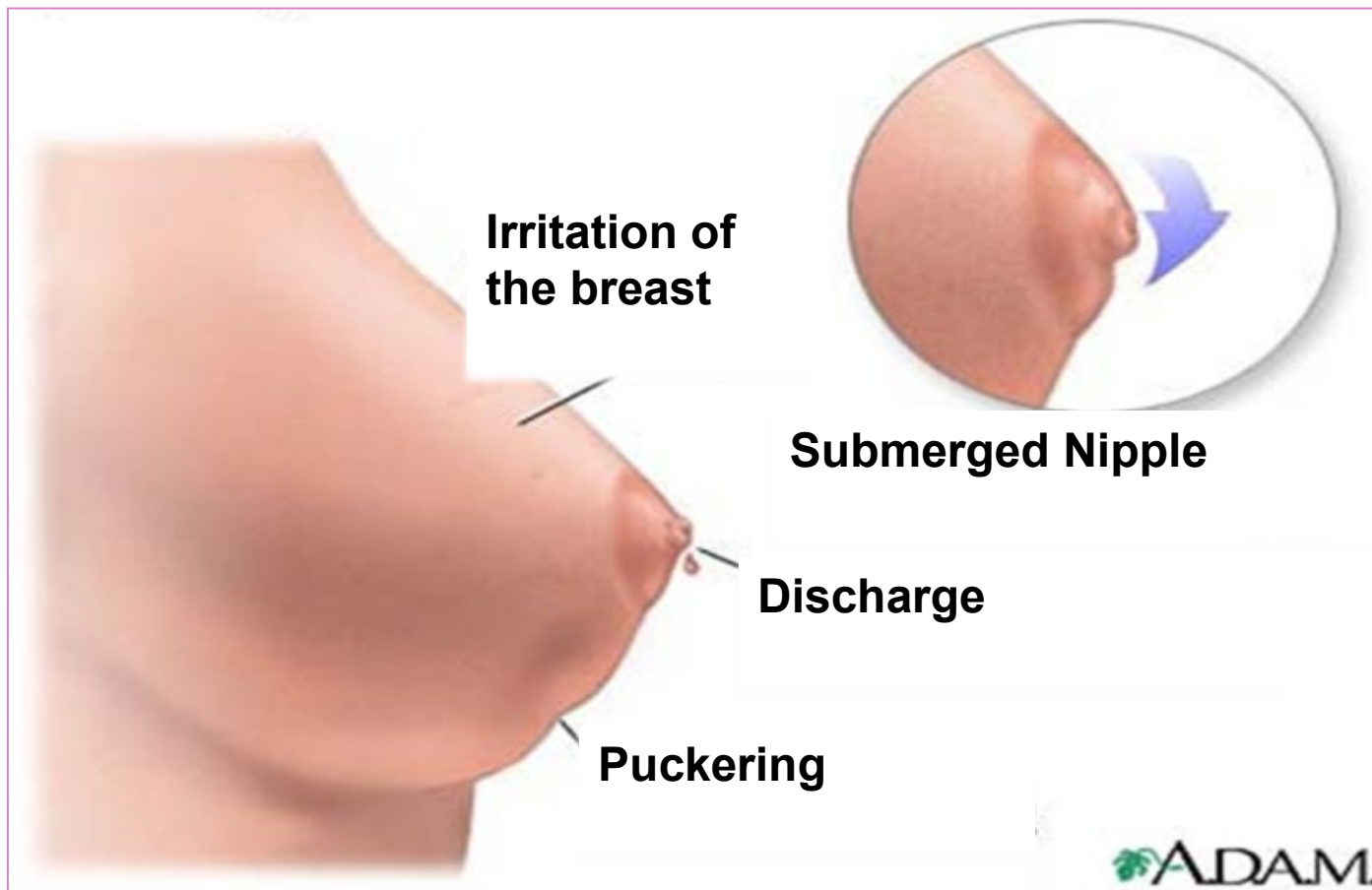
Mammogram

Clinical Exam

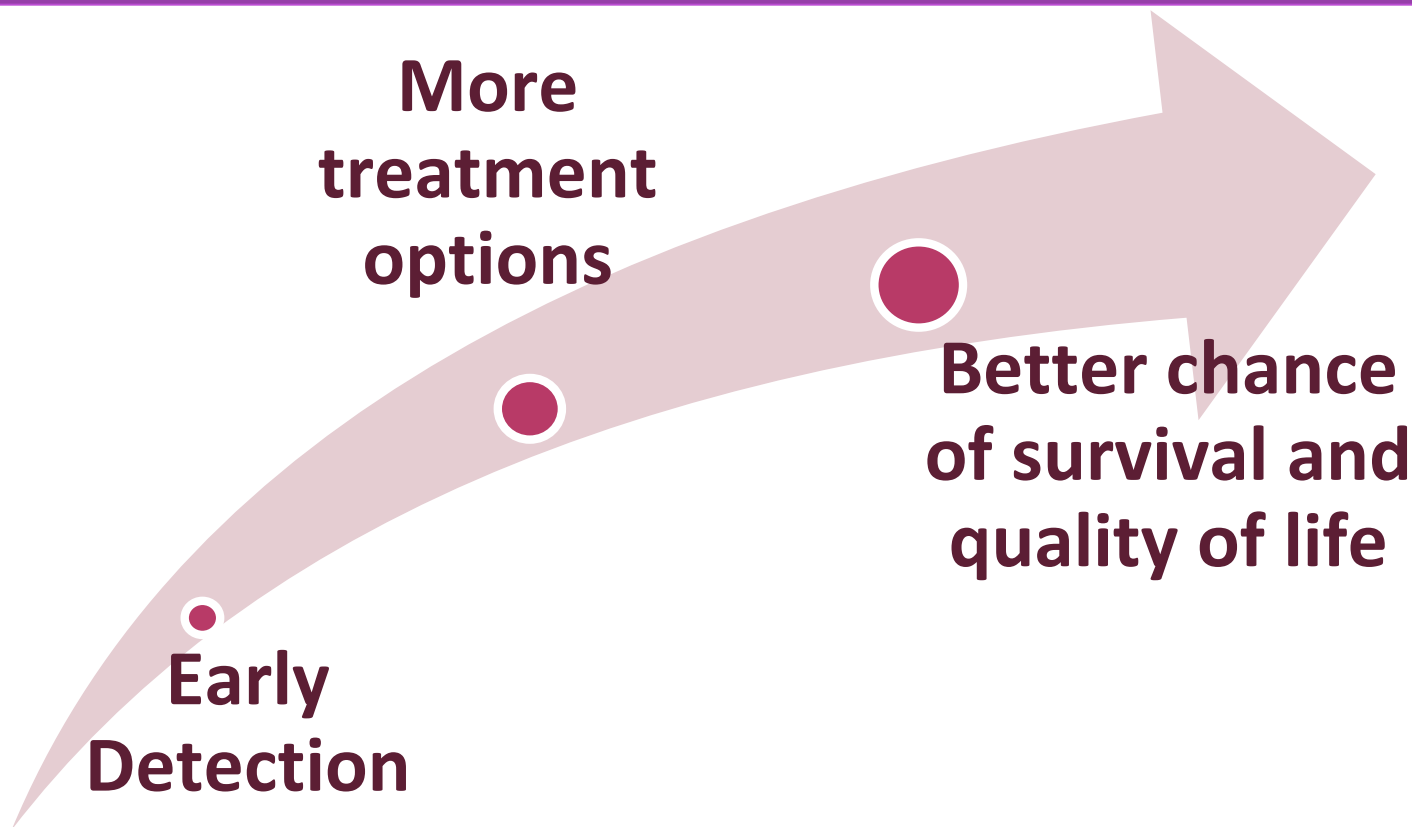
Self-Exam

Breast Cancer Prevention Exams	Process	Ages	Frequency	Size
The Mammogram	The breasts are compressed to take x-rays	For ages 50-74	Annual exam or every two years	
The Clinical Exam	A medical professional feels the chest area for lumps, pellets, or any abnormality	For ages 20+ years	Every year	
The Self-Exam	You yourself feel the chest area for lumps, pellets, or any abnormality.	For ages 20+ years	Every month	

Do Not Wait to Feel Symptoms



Why is Early Detection so Important?



Early detection can increase our chances of survival and live happy as survivors.





Barriers and Solution for Obtaining a Mammogram

Barriers for Obtaining a Mammogram

Lack of Knowledge

Family
(Kids and
Husband)



Lack of Health Insurance

Fear/
Insecurity



Work

Costs



Shame

Language

Others?

Solutions to Obtain a Mammogram

Find information about breast cancer

Find information about free or low cost services

Ask for help from friends and family



Ask for help from your doctor



Schedule appointments at the same time as your family's

Schedule appointments closer to you

Think of the benefits of getting a mammogram for you and your family

Others?

My Personal Barriers and How I Can Overcome Them

Barriers	Solutions



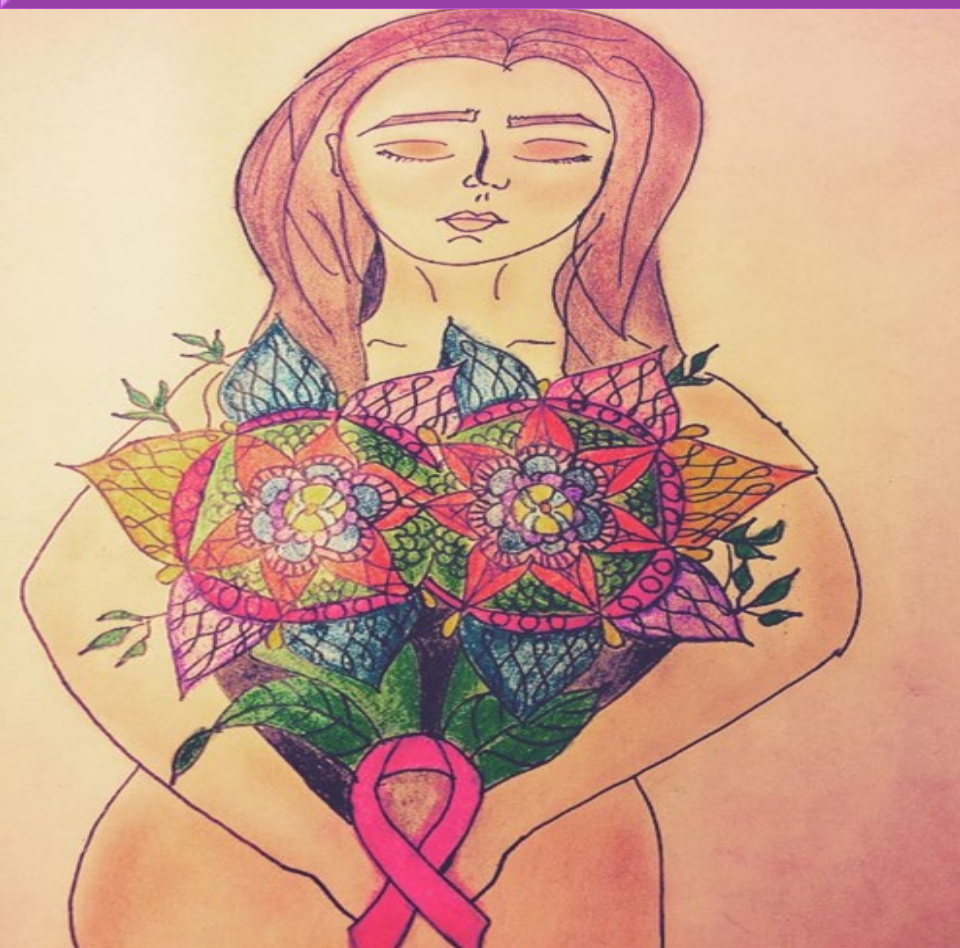
Conclusion

- What are some of the changes that you intend to make?
- Let's celebrate what we've learned today!!



SESSION #2

You Can Help Other Latinas Fight Against Breast Cancer



Your Voice Matters!

How Did You Use the Information that You Learned Last Week?

- Breast cancer is an important theme for Latinas
- Early detection methods
- Barriers and solutions to overcome them



#1: For Ourselves

Steps to Fight Against Breast Cancer

#3: For Our Communities

**#2: For Our Friends and
Family**

#1: For Ourselves

Themes

- Breast cancer is an important theme for Latinas
- Barriers and solutions for helping other women fight against breast cancer
- Steps to help other women in our families and among our friends

My Personal Experiences Helping Other Women Fight Against Breast Cancer

Helping Other Latinas Fight Against Breast Cancer Is Important



Breast cancer is the most common type for Latinas. Latinas are more likely to be diagnosed at a more *advanced stage*.

You Can Save Lives!



**Conversations may encourage others to get the
mammograms**

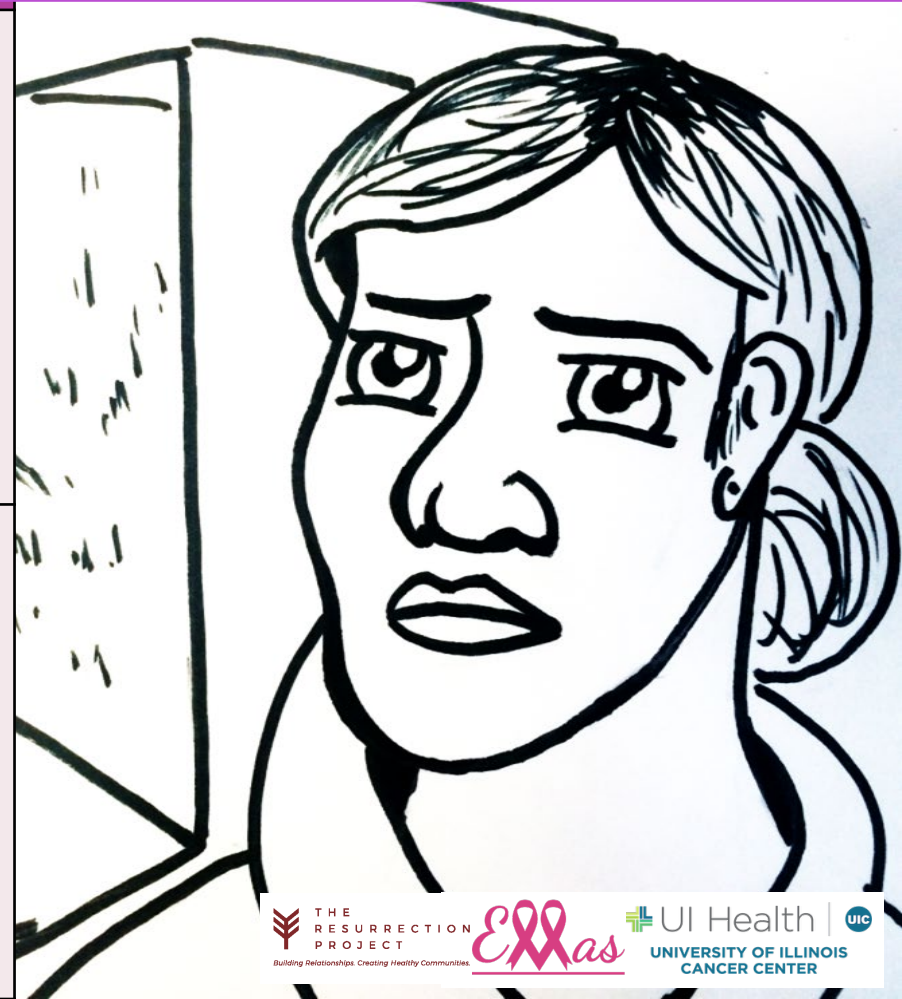
You Are Similar To Other Women That Need This Information

I am a woman

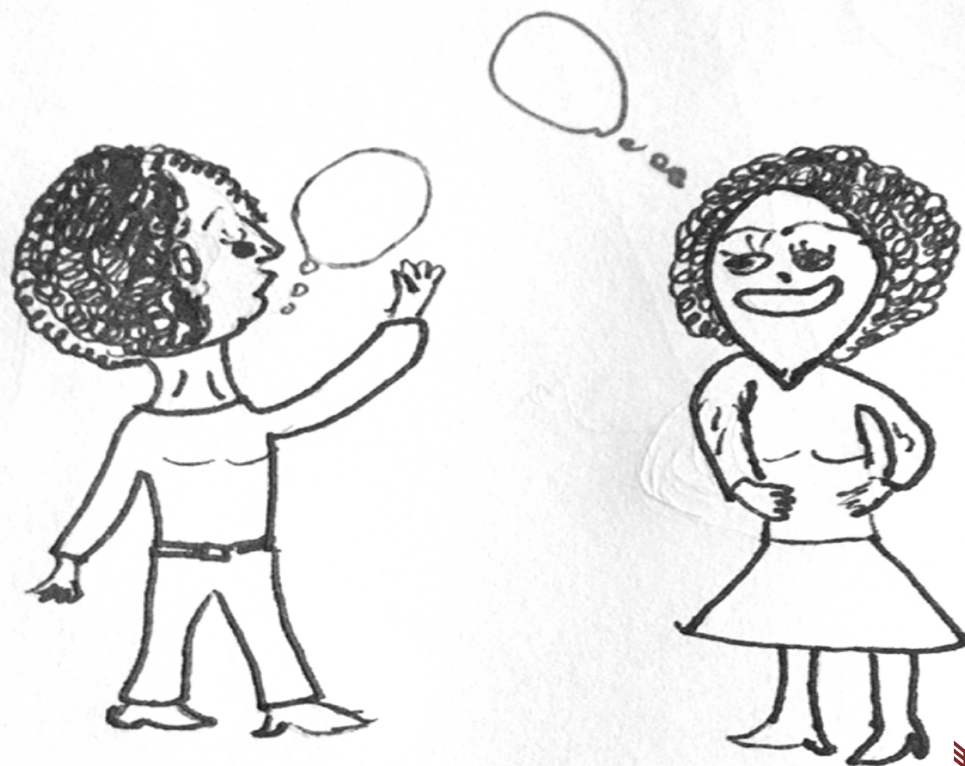
I am Latina

**I am between the
ages of 50-74.**

I speak Spanish



Why is it Important to be Similar to Other Women who Need Information?





Barriers and Solutions for Helping Other Women

Barriers to Helping Other Women

Lack of Knowledge

**Family
(Kids and
Husband)**



**Fear/
Insecurity**



Work

Others?

Shame

Language



Solutions

Know the resources in your community that can give you information on breast cancer



**Identify and talk with your family and friends
who are already talking about
breast cancer**

**You can talk about the importance of breast cancer in several situations - you do not have to be
in a specific place or person**

**Recognize that the challenges that affect your involvement may
be the same challenges that prohibit those you know
to obtain mammograms.**



Others?

How Can We Help Our Friends and Family Fight Against Breast Cancer?

1. Learn and Remember Important Information and Your Personal Experiences

Remember

What is something important that you have learned about breast cancer among Latinas?

What is something important you have learned from the early detection?

What are personal experiences, including challenges you have faced/ currently face to get a mammogram?

2. Identify Women You Can Help

Who are 3 friends or family members you could share information about breast cancer?



2. Identify Women You Can Help

Name of Family Member/Friend #1: _____

She is a woman		She is 50 or more years of age	
Her mom, sisters, or daughters have had breast cancer		Her mom, sisters, or daughters have had ovarian cancer	Her mom, sisters, or daughters have had fallopian tube cancer
She started my period at the age of 12 years old or younger		She doesn't have children or didn't have children before the age of 30 years old	She has had used birth control for 5 years or more
She has had breast cancer	She has had ovarian cancer	She has had fallopian tube cancer	She has had hormone replacement therapy
Her doctor has told me I'm overweight	She works out for less than 150 minutes per week		She drinks more than 1 alcoholic beverage a day

2. Identify Women You Can Help

Name of Family Member/Friend #2: _____

She is a woman		She is 50 or more years of age		
Her mom, sisters, or daughters have had breast cancer		Her mom, sisters, or daughters have had ovarian cancer	Her mom, sisters, or daughters have had fallopian tube cancer	Her dad, brothers, or have had male breast cancer
She started my period at the age of 12 years old or younger		She doesn't have children or didn't have children before the age of 30 years old	She has had used birth control for 5 years or more	
She has had breast cancer	She has had ovarian cancer	She has had fallopian tube cancer	She has had hormone replacement therapy	
Her doctor has told me I'm overweight	She works out for less than 150 minutes per week		She drinks more than 1 alcoholic beverage a day	

2. Identify Women You Can Help

Name of Family Member/Friend #3: _____

She is a woman		She is 50 or more years of age	
Her mom, sisters, or daughters have had breast cancer		Her mom, sisters, or daughters have had ovarian cancer	Her mom, sisters, or daughters have had fallopian tube cancer
Her dad, brothers, or have had male breast cancer			
She started my period at the age of 12 years old or younger		She doesn't have children or didn't have children before the age of 30 years old	She has had used birth control for 5 years or more
She has had breast cancer	She has had ovarian cancer	She has had fallopian tube cancer	She has had hormone replacement therapy
Her doctor has told me I'm overweight	She works out for less than 150 minutes per week		She drinks more than 1 alcoholic beverage a day

3. Identify Places to Communicate Information

Where do you feel comfortable and safe to have conversations about health with other women?

Churches	Schools
Clinics	Parties
Fairs	Work
Other Places	

4. Identify How You Want to Communicate Information

What are some ways you can use to begin conversations with family or friends?

Give Brochures

Talk on Phone

Talk In Person

Send Emails

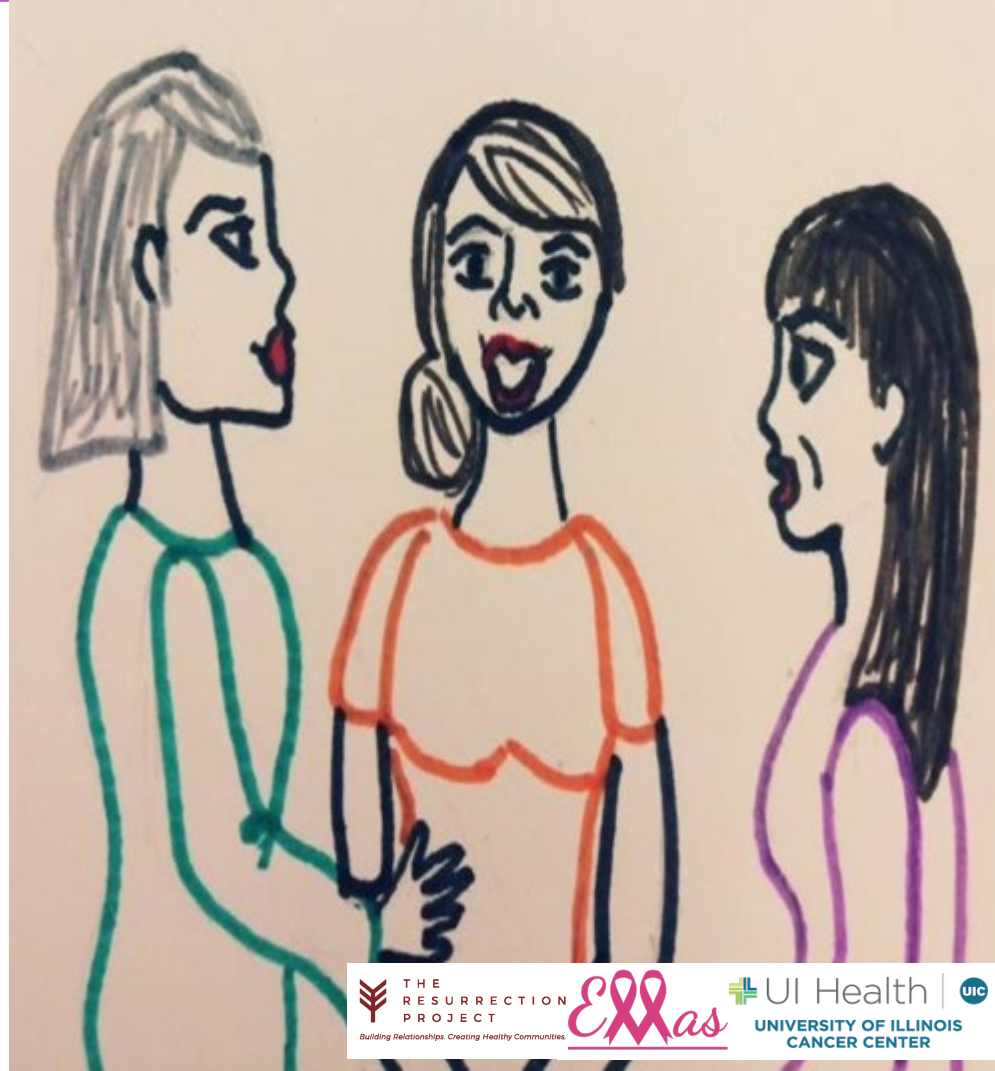
Other Methods

Let's Practice What We Learned Today



Conclusion

- What are some of the changes that you intend to make?
- Let's celebrate what we've learned today!!



SESSION #3

You Can Help Your Community Fight Against Breast Cancer



Your Voice Matters!

How Did You Use the Information that You Learned Last Week?

- Breast cancer is an important theme for Latinas
- Early detection methods
- Barriers and Solutions to overcome them



#2: For Our Friends and Family

Steps to Fight Against Breast Cancer

#3: For Our Communities

**#2: For Our Friends and
Family**

#1: For Ourselves

Themes

- **Helping the community fight against breast cancer**
- **Barriers and solutions for helping our communities fight against breast cancer**
- **Steps to help our community**

My Personal Experience Helping My Community Fight Against Breast Cancer

Helping Latino Communities Fight Against Breast Cancer Is An Important Topic



Breast cancer is the most common type for Latinas

*Latinas are more likely to be diagnosed at a more *advanced stage*.*

You Can Save Lives!



**Your volunteerism can help with distributing
information and ensuring funds for breast
cancer programs**

Why is it important to for you to help
your community?



You Can Help In Ways That Are Different from Doctors and Others

You can help because you...

Identify better with the women in your community

Have the knowledge about health information

Have relationships with the people in your community

Have knowledge about the necessities of your community





Barriers and Solutions for Helping Our Communities

Barriers for Helping Our Communities

Lack of Knowledge

**Family
(Kids and
Husband)**



**Fear/
Insecurity**



Work

Others?

Shame

Language



Solutions

Recognize that your experiences and ideas are worthwhile and can help others.

Invite others that can support the individual and collective efforts, like other volunteers, promoters, friends, and families

Invite your friends and family members and use health activities like an opportunity to work and be together.

Remember that the key to a good life for you and other women is early detection

Others?



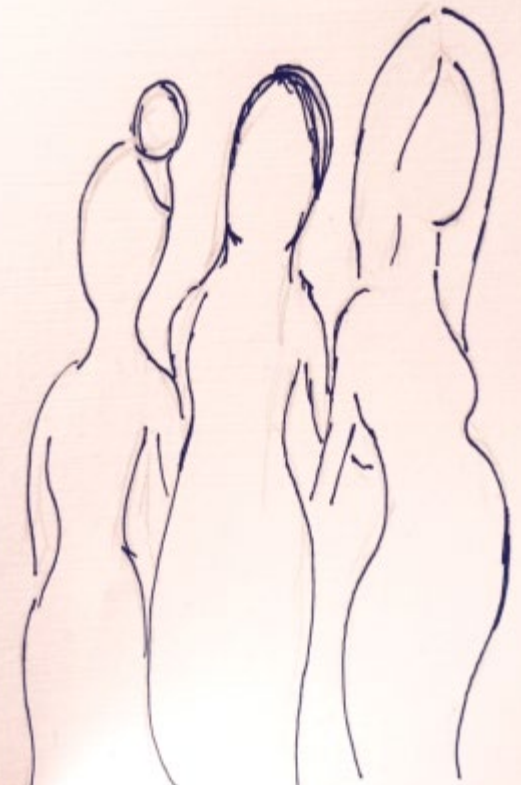
How Can We Helped Our Community to Fight Against Breast Cancer?

1. Learn Important Information and Reflect on Your Personal Experiences

Remember

What is something important that you have learned about breast cancer among Latina communities?

How can we improve the likelihood of early detection among Latina women?



2. Identify Actions That You Can Take in Your Community

I can talk to my public officials

I can involved myself in a health fair

I can distribute information about resources

I can walk against breast cancer

3. Identify Different Ways That You Can Obtain Information And Take Action

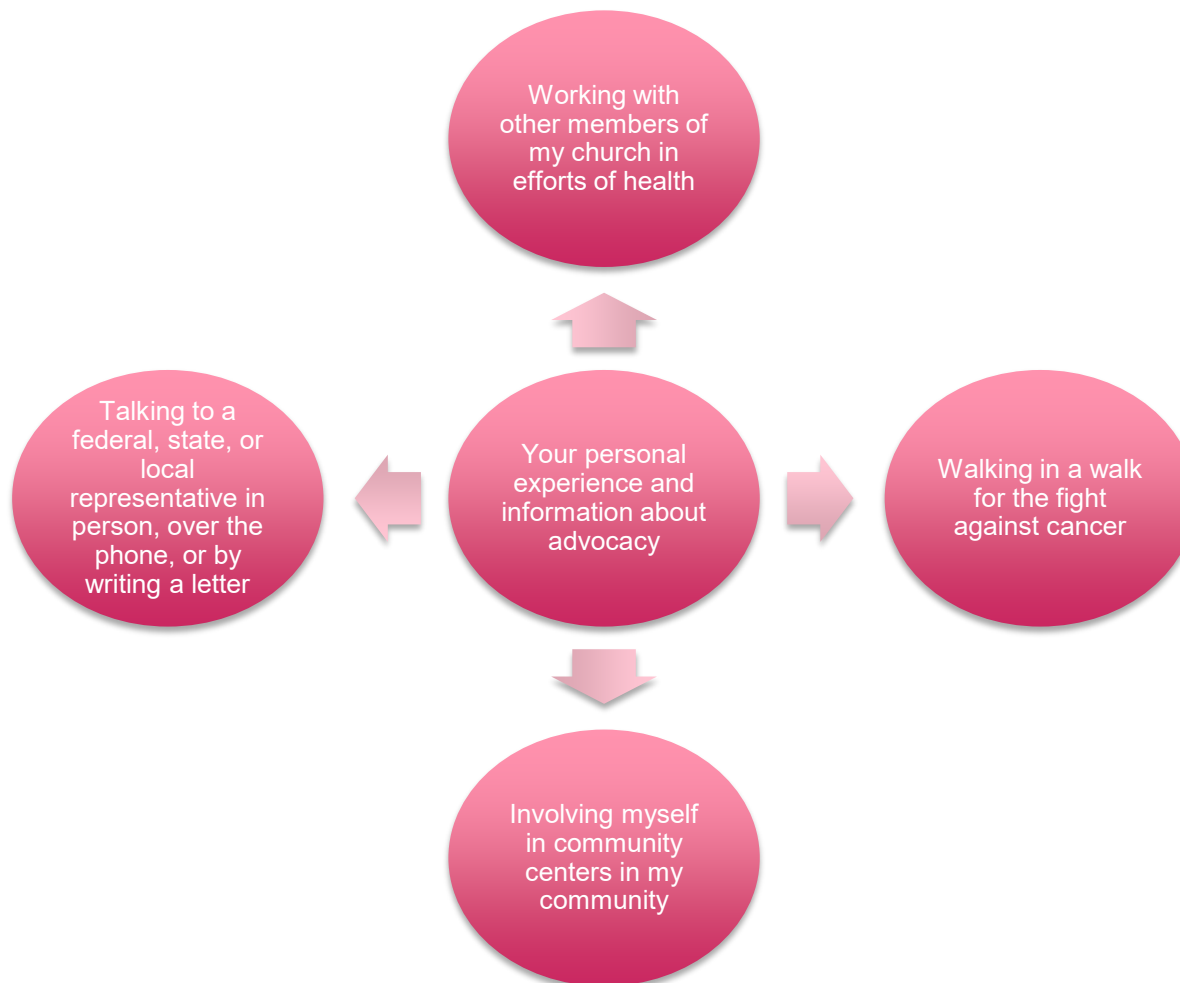


What do they do?	How can I get involved?

Let's Practice What We Learned Today



Remember Your Perspectives and Experiences are Valid



Conclusion

- What are some of the changes that you intend to make?
- Let's celebrate what we've learned today!!

