

April Class Outline & Duties

Topic: Spirituality

- I. FoCaS Introduction (Mary)
- II. Women's Health Initiative (Forrest)
- III. Spirituality Discussion (Alma)
- IV. Recognition of Breast/Cervical Survivors (Mary)
- V. Presentation of Community Binder (Alma/Mary)
- VI. Evaluation Discussion of FoCaS (Alma/Mary)
- VII. Number Gift Give Aways
- VIII. Healthy Spirits/Closeout (Mary)
 - A. Presentation of gift bags
 - B. Prayer (community vol.)

April: Power, Spirituality

I. INTRODUCTION

A. We are a powerful people

1. Why -We are God's people
2. We were created in his image (that gives us special order)

B. We have all kinds of power

1. Decision-making power
2. Elite power/star power

C. There are four powers that we possess that outweigh all others

1. Power of prayer (most powerful)
2. Power of faith and positive thinking
3. Power of self love
4. Power of Information

Let's discuss each of these

II. POWER OF PRAYER

- ### A. What is prayer - our own special way of talking with our creator, our quiet time with the father; Most importantly, it is our way of asking God for whatever we need

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive;
Matthew 21:22

Then when you call the Lord will answer; "Yes, I am here," he will quickly reply;
Isiah 58:9

Perhaps the best example of all that can be done when we think of the Lord's Prayer.

B. Through prayer we can find:

1. Comfort
2. Strength and courage
3. Good health

Ask and it will be given you; seek, and you will find; knock, and it will be opened to you; Matthew 7:7

III. POWER OF POSITIVE THINKING

A. When you accept your power of prayer then positive thinking is a must

B. Your prayers and faith should not allow you time or energy for doubt

C. You will not admit defeat God "always causeth us to triumph in Christ, II Corinthis 2:14

D. One way to maintain our positive outlook is to keep our eyes on higher things let heaven fill your thoughts; don't spend your time worrying about things down here, Coloss 3:2

When we set our sights of heavenly sights our minds should automatically turn to good things/positive things

E. With positive thinking comes faith: the belief of things not seen
Examples: Noah building the ark: Shadrack, Meshach and Abednego in the furnace

F. The faith of a mustard seed - can pull you through a mammogram (Pap smear)

G. Warning: Worry saps our power! It keeps you from trusting your faith

I can do all things through he who strengthen me; Philippians 4:13

IV. POWER OF SELF LOVE

A. Loving yourself to recognize that you have power to love yourself
Just like you are

B. As we love God we love ourselves, we are of his image

C. This love will have care for our temple. Do you not know that your
body is a temple of the Holy Spirit, within you, which you have from
God? 1 Corinthians 6:19

D. Mammograms, Pap smears, healthy eating and exercise habits are
a part of the routine

1. Not because FoCaS reminded you but because you are supposed to

2. You love you so that you couldn't think of letting barriers (no #,
no transportation) or time keep you from doing these things. The
plans of the diligent lead surely to plenty, but those of everyone
who is hasty, surely to poverty. Proverbs 21:5

V. POWER OF INFORMATION

A. The last 27 or so months, FoCaS has armed you with powerful
information

B. What a mammogram is and why you need it

C. What a BSE is and how, when, and why you need to do it

D. We discussed our fears of breast cancer and how fear is the
enemy

E. We've reminded you of why we still need to have Pap smears

F. On top of that we loaded you with everything from fire prevention
to nutrition

- G. When we're armed with a positive attitude, faith along with the love we have for ourselves then we can utilize our power of information/wisdom, and seek out those who can aid us

If any of you lack wisdom, let him ask of God, that giveth to all men liberally; James :15

VI. FINALLY

- A. FoCaS doesn't end as long as you draw from the information, insight and the words we have shared

1. Through your own power, you'll keep FoCaS alive long after today\
2. Putting into every day practice the things we have taught

The God of our Lord Jesus Christ, the Father of Glory, may give unto you the spirit of wisdom; Ephesians 1:18

Lesson Plan: Breast Self-Exam

FoCaS Goals: Improve knowledge and attitudes about breast and cervical cancer screening among low income minority women

Increase the use of early detection procedures (Pap tests, CBE, BSE, and mammograms) in these women

Lower death rates from breast and cervical cancer among low income minority women

Lesson Goals: To communicate to participants the importance of doing breast self-exam as one of the three early cancer detection techniques for breast cancer

To provide the participants with the information and skills necessary to do a breast self-exam

Lesson Objectives:

Participants will be able to:

Estimate their personal chances of developing breast cancer

List 3 reasons why it is important to do a BSE

Illustrate the proper technique for BSE, the best time to do it, and the frequency

Identify, by touch, lumps in the breast model that may be abnormal

Name at least 2 resources for breast cancer screening

Invite two of their closest friends to the next BSE training session held in their neighborhood

Outline for Breast Self-Exam Lesson

- I. Introduction/Pretest
 - Warm-up activity
 - Pretest
 - Worksheet-estimate your personal risk for BSE
- II. Teach BSE
 - Why is it important
 - What to look for
 - How to do BSE
- III. Guided Practice of BSE
 - Pair up and practice BSE technique on breast model
 - Provide feedback to women
- IV. When to do BSE
 - Pass out calendars
 - Discuss best times/have women mark calendars
- V. If you discover a lump then what?
 - Resources available locally (Use clinic brochure)
 - Call RHC
 - Call your doctor
 - Fear/Anxiety (Don't panic--Remind most lumps are noncancerous!!)
- VI. Wrap-up
 - Pass out shower cards
 - Important to teach others
 - Post-test
 - Evaluation of session
- VII. Materials Needed
 - Overhead projector
 - Breast models
 - M & M's
 - Pencils
 - Highlighters

VIII. Handouts

- Pre- and Posttest/Evaluation
- “Estimating Your Personal Chances of Developing Breast Cancer”
- FoCaS shower card
- FoCaS calendar
- Nail Files
- Mugs
- Focas magnifying glass

IX. Transparencies

- Color photos of breasts to illustrate abnormalities
- Overhead showing average size lump found by women practicing BSE as compared to those who do not
- Overhead on steps of BSE

I. Introduction/Pretest

Warm-up Activity

Pass out M&M's or toilet paper. For the number each participant takes, they must tell that many things about themselves.

Worksheet

“Estimating Your Personal Chances of Developing Breast Cancer”

Points:

1. Because 1 out of 8 American women will develop breast cancer, it is important that you know your personal chances of developing breast cancer.
2. This quiz lists the risk factors of developing breast cancer: **age, family history, your history, childbearing, menstrual history, and body type.**
3. Because you may have a higher risk factor does not mean you will develop breast cancer -- you may never get it -- it does mean there is a greater chance you will.
4. You play the leading role in taking care of your health -- that's what we're here for today -- to learn a method of taking care of yourself that is free, easy, painless, takes only a few minutes each month and could **save your life.**

Pretest

The purpose of the pretest is to find out what the participants already know about breast cancer and breast self exam. The same test will be administered at the end of the session to evaluate whether or not the participants have gained new information that will hopefully have a positive effect on practicing BSE.

Have women take pretest. Take up pretest and tell women each of these questions will be addressed by the lesson today.

True/False Breast Self-Exam Pre- and Post-test

(Note to facilitator: Read along with participants and allow time for them to individually answer their questions.)

- 1. 1 out of 8 women in the United States will develop breast cancer in their lifetime.
- 2. The two most important risk factors for developing breast cancer are being a woman and getting older.
- 3. Most of the time, breast lumps are discovered when doctors do a physical exam.
- 4. Even if it is found early enough, breast cancer is seldom curable.
- 5. As long as I do breast self-exams, I shouldn't have to have a mammogram.
- 6. Breast self-exams should be done once every month.
- 7. If you find a lump in your breast, most of the time it is cancerous.
- 8. As long as your doctor does a breast exam once a year, it isn't necessary for you to examine your own breasts.
- 9. I would know if I had breast cancer, because I would feel pain or a lump.
- 10. The best way to detect a lump is with a mammogram.

Estimating Your Personal Chances of Developing Breast Cancer

Every woman is at risk of breast cancer simply because she is a woman! (In fact, 99 out of every 100 breast cancers appear in women.) The Self-Quiz below lists the risk factors of developing breast cancer. It will only take a minute of your time to pinpoint your personal chances of developing breast cancer.

Risk Factor	Category	Points	Score
Your Age	Under 30	10	_____
	30 - 40	30	
	41 - 50	75	
	51 - 60	100	
	Over 60	125	
Your Family History	No Breast Cancer	0	_____
	1 Aunt or 1 Grandmother	50	
	Mother or Sister	100	
	Mother + Sister	150	
	Mother + 2 Sisters	200	
Your History	No Breast Cancer	0	_____
	Previous Breast Cancer	300	
Childbearing	First baby before age 30	0	_____
	First baby after age 30	25	
	No children	50	
Menstrual History	Began Menstruating age 15 or over	15	_____
	Began Menstruating age 12 - 14	25	
	Began Menstruating age 11 or under	50	
Body Type	Slender	15	_____
	Average	25	
	Over-weight	50	
		Total Score	_____

Your total score gives only a general indication of your present risk category. If you develop any symptoms, see your doctor at once.

If Your Score Is	Your Category Is
Under 200	Lowest Risk
201 - 300	Medium Risk
301 - 400	High Risk
Over 400	Highest Risk

II. Teach BSE

A. Why is it important to do BSE?

Early detection is the key to successful treatment! (Detection means to discover or to find.) It means earlier treatment and the hope for a complete recovery is excellent. (Show picture of size of cancer found by women practicing monthly BSE as compared to those who do not.)

Reasons to do BSE:

If a woman becomes familiar with her own breasts, she may recognize any unusual changes in the way her breasts look or feel--it will be easier to discover a problem.

Because 1 out of 8 American women will develop breast cancer in their lifetime. It is the second leading cause of cancer deaths in women at 15-54. (Lung cancer is No. 1) And, in all women, the risk of getting breast cancer increases with age.

(For Black American women: Breast cancer is the leading cause of cancer death for Black American women. While the number of white women dying from breast cancer has decreased, the number of black women dying from breast cancer is increasing.)

When all 3 methods of detection (BSE, mammograms, and physical exams) are used together in a planned program, 96% of the cases of breast cancer can be identified.

B. What to look for? (Look and feel)

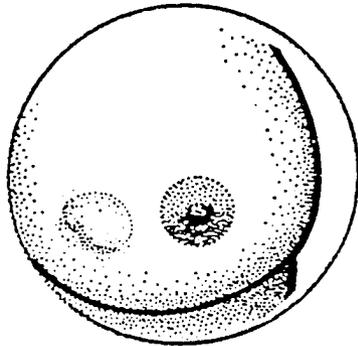
Pass out diagram/use overhead of different signs of breast cancer

(**Look** for lump, inverted nipple, skin swelling, superficial veins, skin dimpling)

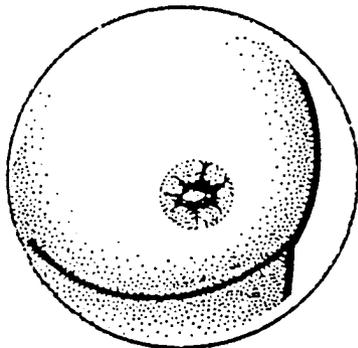
(Define: inverted=turned inward; superficial=on the surface; dimpling=like a dimple on the cheek=a little dip or several dips in the breast)

Signs of Breast Cancer

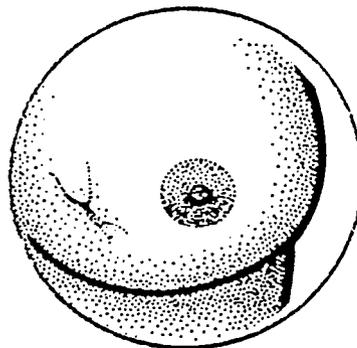
As a cancerous growth occurs in the breast, it may take on any of the following appearances:



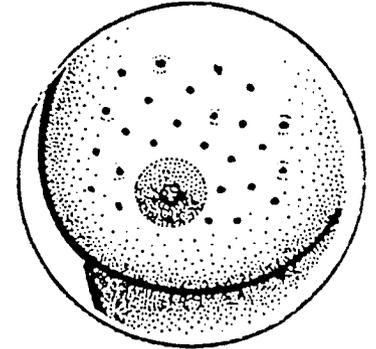
- A Lump — Usually single, firm and most often painless.



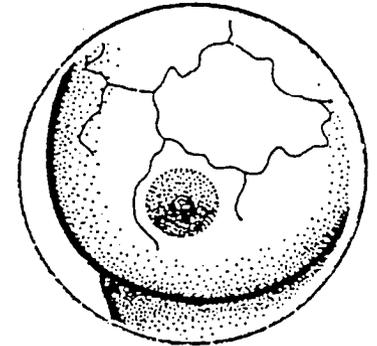
- Inverted Nipple — In a previously normal breast.



- Skin Swelling — A portion of skin on the breast has the appearance of an orange peel.



- Superficial Veins — The skin surface veins on one breast become more prominent than the other.



- Skin Dimpling — A depression occurring in a localized area of the breast surface.

Remember . . . since most of these problems are found by the women themselves, your regular breast self-exam is especially important in early detection.

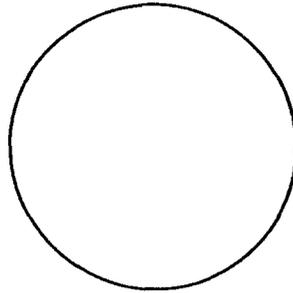
ACS Guidelines

The American Cancer Society (ACS) recommends monthly BSE.

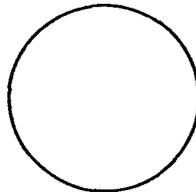
<u>Age</u>	<u>Breast Self-Exam</u>
20-50	Once a month, seven to ten days after your period starts
50+	Postmenopausal women: the same day each month

Average Size Lump Found...

The smaller the lump found, the greater the chance for successful treatment.



...by women not practicing BSE



...by women practicing occasional BSE



...by women practicing monthly BSE

C. How to do breast self-exam

Pass out flier that describes BSE. Using the model to demonstrate the proper technique, go over the following steps which follow the format on the FoCaS BSE shower card.

Method:

- * Use flat surface of the 3 middle fingers
- * Examine each breast using a grid pattern (overhead with sample grid--explain) from the collarbone to the bra line, from the armpit to the breast bone
- * Use light, then more pressure.
- * Do your BSE on or around the same day each month

Pass around breast model with lumps--have women **feel**/find the lumps in the model (Stress: Most cancerous lumps are usually single, firm and most often painless.)

Pass model around and see which participant can find the most lumps

Three Ways to Do Breast Self-Exam

(Use overhead and/or demonstrate)

1st, in the shower:

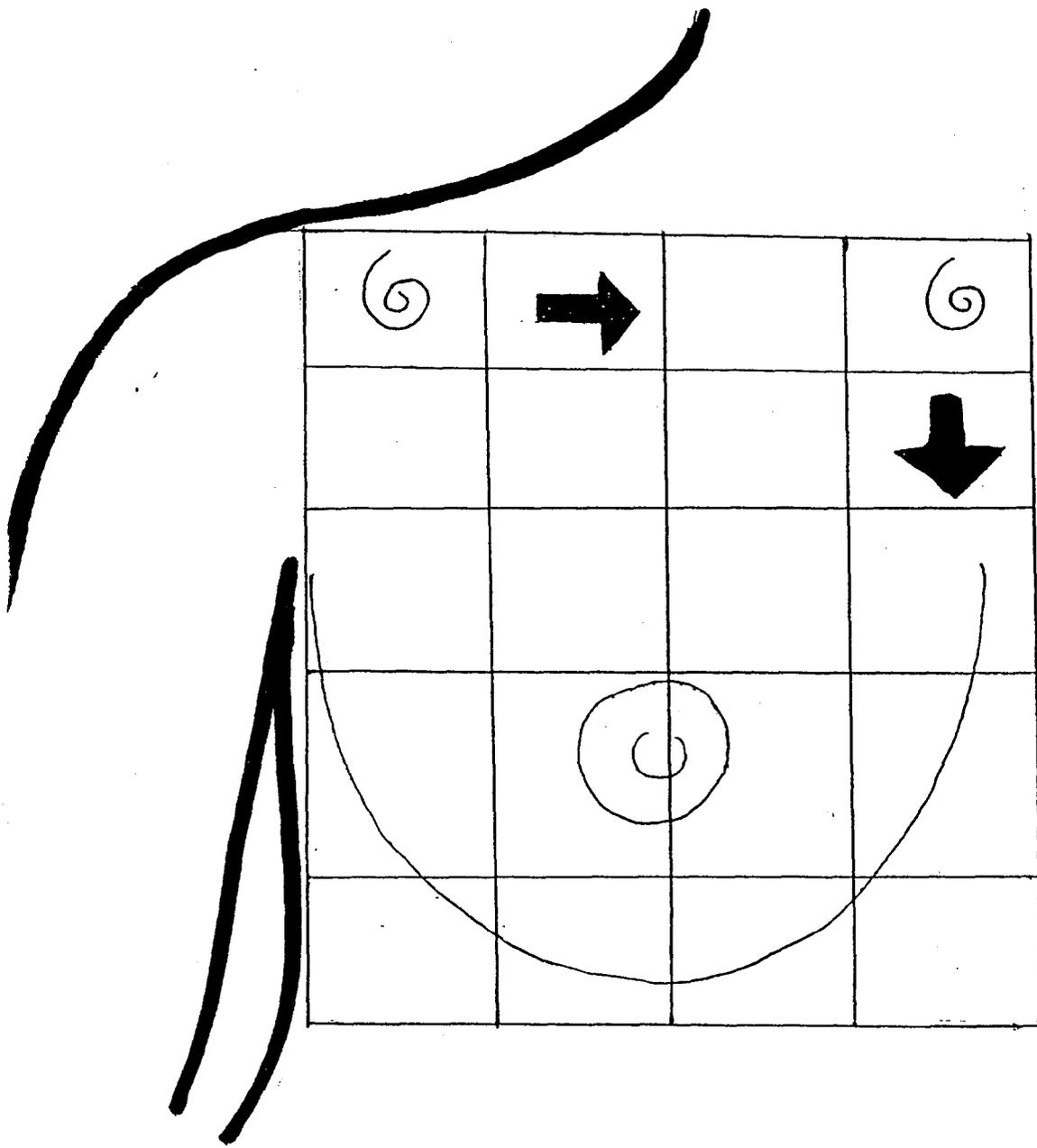
- * (Overhead of woman in shower)
Lather each breast. Examine each breast with the opposite hand for lumps or thickenings or anything different.

2nd, in front of a mirror:

- * Look for changes while you are in these positions (refer to sheet on how changes may look).
 - * Arms at your sides
 - * Arms over your head
 - * Hands clasped under your chin while flexing your chest muscles
 - * Lean forward with breast hanging

3rd, lying down. (may be easier for elderly)

- * Small pillow or folded towel under mid-back.
- * Use lotion and repeat exam.

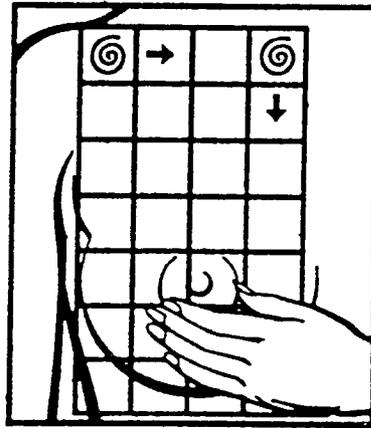


Method
use flat surface of 3
middle fingers

Because We Care, We Recommend Monthly Breast Self Exams

Method

Using the flat surface of the three middle fingers, examine each breast using a grid pattern, from the collarbone to the bra line, and from the armpit to the breastbone. Use superficial and then deep pressure. Perform your exam on the same day each month, 7-10 days after your period.



First, in the shower.

Gently lather each breast. With one arm raised, examine each breast with the opposite hand. Feel for any lumps or thickenings that are different from previous exams.



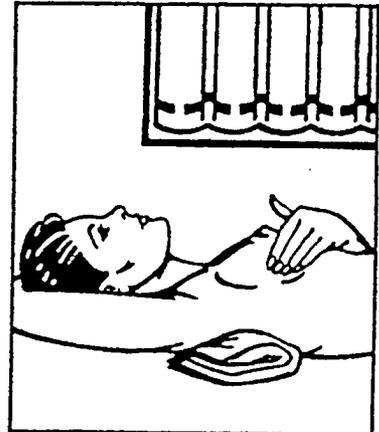
Second, in front of a mirror.

See if there are any changes in your breasts while you are in each of the following positions: Arms at your sides; arms over your head; hands clasped under your chin while flexing your chest muscles; and bent forward, with your breasts hanging.



Third, lying down.

Place a small pillow or folded towel under your mid-back, on the side you are examining. Rub lotion on your breast and repeat the finger-pad exam explained in the Method section. Examine your left breast with your right hand, and your right breast with your left hand. Ask your doctor about any changes you find.



MAMMOGRAPHY & DOCTOR'S EXAMS

The American Cancer Society recommends regular mammograms.
Age 40 - First, or baseline.
Age 41-49 - Every 1-2 years
Over 50 - Each year, or as your doctor suggests.



More Instructions On Back

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Notes to Facilitator:

1. Remind participants to ask doctor about any changes they may find.
2. Use breast model to demonstrate focal points

III. Guided practice of breast self-exam

Participants will get in groups of 2-4 and practice the BSE method on model of breast. (Instructor and other FoCaS staff will observe each participant and give feedback on how they are doing.)

IV. When to do BSE

Pass out FoCaS calendar. Discuss when they can do BSE.

Do BSE 7 to 10 days after the start of your menstrual cycle.

If you've already gone through menopause, choose a day of the month and do it the same day each month.

Most important is -- Do it every month.

Have participants to think of a day and go ahead and mark it on their calendar for the next 6 months. (Pass around highlighter to highlight selected dates.)

V. If you discover a lump, then what?

Important: Most lumps are not cancerous. Don't panic. Call your doctor or Health Center.

VI. Evaluation and Posttest

Wrap-Up

You have learned an important way to take responsibility for your own health. You could also make a difference in the lives of your family and friends -- by taking care of yourself and -- by sharing what you have learned. Taking what you have learned today and sharing it with one other person will make a difference. That person in turn may share with another woman--it's the ripple effect. You tell me and I'll tell a friend and she'll tell a friend. You are the difference. Call us for assistance -- we'll help you. Stay focused on staying alive. You are in charge of your health. Isn't 10 minutes a month worth saving your life?

Facilitator: Pass around tablet for women to write their friend down along with address or phone #.

Do posttest and evaluation of the program.

Go over answers to the posttest.

Pass out mugs and other gifts. Thank participants for coming.

We Need to Hear Back From You...

Please take a few minutes to answer the questions below. Your opinion matters to us as we try and get the important message about BSE out to women like yourself. Please feel free to offer ideas and suggestions at the bottom of this sheet.

1. What is your general feeling about what you have learned today?
2. Were the materials used today helpful and understandable?
 Yes No A little
3. Do you feel that you can take this information and share it with others?
 Yes No Maybe Unsure
4. Did you practice BSE before today? Yes No Maybe
Will you practice BSE now? Yes No Maybe
5. Do you feel that learning about BSE has given you more control over what happens to you and your life? Yes No Maybe
6. What did you think about the instructor?
Knew the facts Yes No Unsure
Was very comfortable Yes No Unsure
Made you feel comfortable Yes No Unsure
7. Additional Comments/Suggestions:

