



**PRIMETIME HEALTH**  
**\*PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS**

Health Education Model

# Action Planning for Breast Health June 2001

Developed by: PA Department of Aging with the support of an  
American Cancer Society Making Strides Against  
Breast Cancer grant.

## Cover Sheet

Title: Action Planning for Breast Health

Approx. Presentation Length: one hour

Purpose: To educate older adults about three steps they can take to insure early detection of breast cancer: performing a monthly breast self-exam; getting a clinical breast exam yearly; and having a mammogram yearly.

Learning Objectives:

1. Participants will learn how to properly do a breast self-exam.
2. Participants will be motivated to ask their physicians to perform a clinical breast exam yearly.
3. Participants will be able to state why a mammogram is important.

Method of Training: Oral presentation supplemented with handouts.

Equipment Needed: One breast model, and one set of breast beads.

Handouts: (copy as needed; one for each participant)

Obtain a list of upcoming PrimeTime Health events and a list of local breast cancer resources from your PrimeTime Health Coordinator.

“When your Mammogram Is Positive...What next?”

“Monthly Breast Self Examination “chart

“Breast Self-examination”

The following brochures are available from the American Cancer Society by calling 1-717-533-6144. **Allow two weeks for delivery.** You'll need one for each participant.

[ The Older You Get the More You Need a Mammogram” #5020.00  
“Breast Cancer Questions and Answers” #5009.03  
“Tell A Friend” Brochure #2441.07-CC ]

Publicity Flyer: Enclosed

Background for Health Educators:

Medicare Coverage of Mammography for Older Women  
Breast Cancer Awareness in the New Millennium  
Breast Cancer - Overview

Evaluation:

Self-Evaluation: Enclosed

Audience Evaluation: Enclosed

Instructions for Reporting to the American Cancer Society

Demographics Information Sheet (copy as needed)

## Keynote Outline

1. Monthly breast self-exam, yearly mammogram, and yearly clinical breast exams are the three most important steps women can take to detect breast problems early.
2.  $\frac{3}{4}$  of all breast cancers occur in women over 50. 80% of all breast cancer occurs in women with no family history of breast cancer.
3. How to perform a breast self-exam step-by-step.
4. Recognition of breast lumps using a breast model and the beaded necklace.
5. The importance of clinical breast exams.
6. Why mammography is important.

**Time**

**Teaching Outline**

**Instructor Cue**

<p>1 minute</p>	<p>My name is _____. I am a health educator with the _____ Area Agency on Aging's PrimeTime Health Program.</p> <p>PrimeTime Health offers a variety of health promotion activities, mostly in Senior Centers throughout the county. Most activities are <u>free</u> and you are invited to attend!</p>	<p>Introduce yourself.</p>
<p>3 minutes</p>		<p>Give some examples of PrimeTime Health programs going on in the county.</p> <p>Pass out the calendar of upcoming events (with contact information) that you obtained from your PrimeTime Health Coordinator.</p>
<p>3 minutes</p>	<p>Today, we are discussing "An Action Plan for Breast Health." This program was made available by a grant from the American Cancer Society.</p>	
	<p>Can anyone tell me what the three most important steps to breast health are?</p>	<p>Ask the audience the question.</p> <p>Acknowledge speakers. Give audience sufficient time to think about it.</p>

Time

Teaching Outline

Instructor Cue

5 minutes

Monthly breast self-exam, yearly mammograms, and clinical breast exams are the three most important steps woman can take to ensure breast health.

How many of you do breast self-exams monthly?

If response overall is positive, respond "Good for you! You are taking an important step in ensuring your health."

If response is largely negative, just proceed in the outline.

Let's talk about why taking care of your breasts is so important. Did you know that 80% of all breast cancer is diagnosed in women with no family history of it?

Ask question.

What do you think? Does breast cancer risk increase or decrease with age?

Breast cancer is the most common cancer among women. Risk **increases** (not decreases) with age.

$\frac{3}{4}$  of all breast cancers occur in women over age 50. A woman of 70 has twice the risk of a woman age 50 of developing breast cancer within the next year.

**Time**

**Teaching Outline**

**Instructor Cue**

The good news is when breast cancer is found at its earliest stages, the long-term survival rate is 97%.

Examining your breasts monthly and getting to know their shape and texture is very important in helping you detect problems early. 80% of all lumps found are non-cancerous. That's really something to celebrate!

Remember, we said there were 3 steps to a breast health action plan. The second step is clinical breast exam. Your physician should examine your breasts yearly. This may be your gynecologist or your family physician. This is a good opportunity for you to ask questions and to learn proper techniques. If your physician hasn't been doing this, remind him or her the American Cancer Society recommends a yearly clinical breast exam by a health care provider such a doctor or nurse.

Pass out "Breast Self-examination."

15 minutes

These sheets describe everything you need to know to do a thorough breast self-exam. Please follow along as I go through the steps with you.

Time

Teaching Outline

Instructor Cue

What is the proper position for examining your breasts?

Ask question.

Wait for answers.

Fill in information as needed.

- Lie down
- Put a small pillow under your right shoulder and place your right arm behind your head.

Press firmly enough to feel the texture of your breast. It is normal to feel a firm ridge in the lower curve of your breast. You can ask your doctor to show you how firmly you should press. We will practice this later using a breast model.

You can use one of three methods to exam your breast.

Demonstrate on the breast model.

1. Circular
2. Up and down line
3. Wedge pattern

Be sure to do the entire breast area (some experts recommend above and below the clavicle, over the breastbone, and into the armpit.) Use the pads of your middle three fingers.

Move your pillow under your left shoulder and

<u>Time</u>	<u>Teaching Outline</u>	<u>Instructor Cue</u>
1 minute	<p>repeat the same procedure on the left side.</p> <p>Are you done now?</p> <p>No! Next, you want to repeat your examination of your breast standing with one arm behind your head. This position makes it easier to check for lumps in the upper and outer portions of your breasts. Almost half of all breast cancers are found in these areas. Some people like to do this portion of the exam when they are in the shower. Some changes are easier to find when the skin is wet and soapy.</p>	Ask question.
1 minute	<p>What's the final step?</p> <p>Visually, inspect your breasts.</p> <p>. What are you looking for?</p> <p>Dimpling of the skin, changes in the nipple, redness or swelling.</p>	<p>Ask question.</p> <p>Ask question.</p> <p>.</p>
15 minutes	<p>I am now going to pass around the breast model so you can get a chance to feel what you might be looking for in your breasts.</p>	<p>Pass around the model.</p> <p>Spend time helping people to find the various size lumps in the breast model.</p>

**Time**

**Teaching Outline**

**Instructor Cue**

1 minute

Explain the significance of the various sizes of the beads based on the literature accompanying the beads.

Display the breast bead necklace and pass it around.

Refer to “Monthly Breast Self Examination” chart.

You can use the chart in your packets to help yourself remember to do your exams. You may want to do your exams on the same day each month. If your birthday is on the 24<sup>th</sup> of September. You may want to do your exams on the 24<sup>th</sup> each month.

5 minutes

As good as breast exam is in detecting suspicious lumps, we are lucky to have an even better tool – mammography! Our third step to breast health.

Pass out: “The Older you Get the More You Need a Mammogram.”

A mammogram is actually an X-ray of the breast. A mammogram can detect breast cancer up to 2 years before you can feel it. What a great way to catch a problem at its earliest stage!

Mammograms use a minimum amount of

**Time**

**Teaching Outline**

**Instructor Cue**

radiation. Medicare now covers a mammogram

yearly for women over age 65. Ask your doctor to refer you for one.

Pass out the handout you received from your PrimeTime Health Coordinator listing local numbers for women to call such as the local American Cancer Society and certified mammography labs.

You may have heard that mammograms hurt. You will feel some pressure during the X-ray as the breast is compressed but it should not be painful. In fact, some mammography centers let you control the amount of the pressure. A doctor will tell you the results of your mammogram before you leave.

Pass out:  
“Breast Cancer Questions & Answers.” Refer them to the graphic of the mammography machine.

1 minute

Pass out:  
“When Your Mammogram Is Positive...What Next?”

Ask question.

What do you do if you find something?

Time

Teaching Outline

Instructor Cue

Stay calm. Remember 8 out of 10 lumps are not cancerous.

Make an appointment with your physician right away. Insist on a mammogram if you haven't had one recently. Get a second opinion if your doctor advises you just "to wait and see."

1 minute

Advances are being made in breast cancer all the time. The handout I just referred to will help you to decide what to do.

Remember the only way to be certain whether a lump is cancerous or not is to get a biopsy. If your doctor recommends that you "wait and see" and your lump is cancerous you could be risking spread of the disease unnecessarily.

3 minutes

*Tell A Friend* is an American Cancer Society breast cancer early detection program with a proven record of success in getting women to obtain Mammograms. With *Tell A Friend* you and your community can contribute to the control of breast cancer through the best

Time

Teaching Outline

Instructor Cue

means currently available:  
early detection.

This program involves women encouraging their friends who have never had a mammogram to get a mammogram or to make sure they get their yearly mammogram.

Help to spread the word about breast cancer and the importance of mammography. Volunteer to become involved with the American Cancer Society's *Tell A Friend* program.

Pass out the *Tell A Friend* Sign-up Sheet.

If you would like to learn more about *Tell A Friend* please put your name, phone number, and the county that you live on the sign up sheet (show sign up sheet). Your name will be forwarded to your local American Cancer Society office and someone from that office will contact you with information about *Tell A Friend*. You can also call 1-800-ACS-2345 or your local American Cancer Society office for more information.



**PRIME TIME HEALTH**  
\*PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS

**Prime Time Health  
Health Education Program Presents!**

**Action Planning for Breast Health**

Learn 3 simple steps you can take to detect problems early and protect your health.

WHERE:

WHEN:

TIME:

For more information call:

**Action Planning for Breast Health  
Evaluation Instructions for the Health Educator**

1. Return your self-evaluation and the participants' evaluations to the PrimeTime Health Coordinator.
2. Collect the *Tell A Friend* Sign-Up Sheet.
3. Complete the American Cancer Society demographics sheet and return it with the *Tell A Friend* Sign-Up Sheet and return them to the American Cancer Society, North Second Street, Harrisburg, PA 17104.

**Action Planning for Breast Health  
Participant Evaluation**

1. Did you learn something new about steps you can take to ensure breast health?  
Yes \_\_\_\_                  No \_\_\_\_
  
2. What did you like about this presentation?
  
3. What improvements would you make to the presentation?
  
4. I have the following tips for the presenter:

**Action Planning for Breast Health  
Peer Educator Self-Evaluation**

1. I feel I accomplished the objective of the presentation.

Yes \_\_\_                      No \_\_\_                      If no, why?

2. The presentation was appropriate to the audience.

Yes \_\_\_                      No \_\_\_                      If no, why?

3. What I have learned from the participants' evaluations is:

4. What I would do differently next time is:

(Make a copy before you complete this so you have it for future sessions). Return this to your PrimeTime Health Coordinator.