

Lil'
SISTA
AAH
Talk©



SISTA Talk!

Women of Color Breast Cancer Support Group



Facilitator's Guide

January 2018

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INTRODUCTION

5 Things College-Aged Women Should Know (about breast cancer early detection & prevention)

- 1. It's worthwhile to start self-exams now.**
While experts do not agree on the benefit of breast self-examination (BSE) as a screening test, most agree that it is important to breast health. Performing a self-exam once a month several days after the menstrual cycle ends (when the breasts are less likely to be swollen and tender) is important to establishing good breast healthy behaviors.
- 2. Learn the 'new' normal.**
Getting to know what's normal—and what has changed—is the goal. Lumps, swelling, rashes, redness, scaling, dimpling, breast or nipple pain, inverted nipples, nipple discharge, and other changes to the breasts, if sudden, is a reason to make an appointment to see a doctor.
- 3. Clinical breast exams cannot be replaced.**
For women at average risk, a clinical breast exam at least every three years starting at age 20 is recommended. For women with a family history of breast cancer, especially if a primary female relative (mother or sister) has been diagnosed, the doctor will decide if this test should be done sooner.
- 4. Screening tests saves lives.**
Based on current breast cancer screening recommendations, college-aged women may ignore warnings to get screened. Mammograms, which are x-rays of the breasts, are crucial in diagnosing breast cancer. For average risk women, yearly mammograms should begin at age 40. Other screening tests, like a breast ultrasound, maybe used for younger women with dense breasts.
- 5. Prevention starts now.**
Eating a healthy diet, maintaining a healthy weight, and being physically active (especially for young women) could result in a 19-50% lower incidence of breast cancer.

LIL' SISTAAH TALK

Lil' SISTAAH Talk was initiated in Miami-Dade County Public Schools in the early 2000s to educate high school students about the importance of breast self-examination. The initial purpose was to provide an intimate setting for girls to *talk* with survivors and get credible breast health information.

In 2018, *Lil' SISTAAH* Talk was restructured to reach college-aged women (18 years of age or older) with the goal of helping them:

- Establish breast-healthy behaviors
- Learn breast cancer early detection
- Make lifestyle changes for cancer prevention

LEARNING OBJECTIVES

By the end of the *Lil' SISTAAH* Talk session, college-age women will be able to:

1. Complete a self-assessment of breast health knowledge.
2. Recognize abnormal changes in their breasts.
3. Identify five (5) breast healthy behavior concepts.
4. List healthy lifestyle behaviors for breast cancer risk reduction and prevention.
5. Advocate for individual/personal healthy breast health.

FACILITATORS

Lil' SISTAAH Talk is facilitated by *SISTAAH* Talk members (breast cancer survivors trained as coaches) with a knowledge of breast cancer facts who demonstrate skills needed to interact with college-aged women. Each facilitator completes a 3-hour interactive webinar focused on:

- CRASH (Culture, show Respect, Assess/Affirm differences, show Sensitivity and Self-awareness, do it all with Humility)-Course in Cultural Competency
- Interpersonal communication skills
- Principles of breast healthy behaviors
- Breast cancer early detection and prevention

EDUCATIONAL SESSIONS

Lil' SISTAAH Talk sessions are 90 to 120-minutes long and include:

- Part I: BREAST HEALTHY BEHAVIORS (Basic breast health, breast cancer facts)
- Part II: EARLY DETECTION (Personal risk, clinical breast exams, mammogram)
- PART III: ROLE PLAY (Taking about breast health)
- Part IV: CANCER PREVENTION GUIDELINES (Diet and physical activity)

Part I: Breast Healthy Behaviors

Content	Time
Introductions	5
Breast Cancer Facts	5
Survivor's Story	5
Changes to look for; breast self-exam	15

Breast Cancer Facts

Show slides of breast cancer facts:

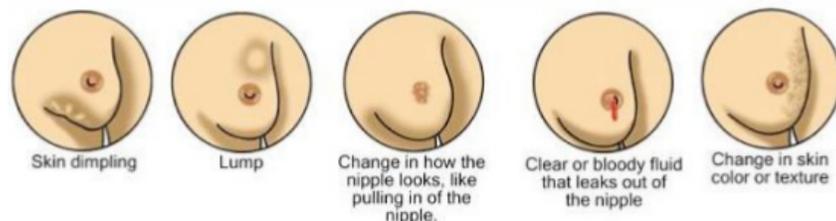
- About 1 in 8 U. S. women—12.4%--will develop invasive breast cancer over her lifetime
- Breast cancer is the most commonly diagnosed cancer among American women
- 30% of cancers diagnosed in women are breast cancers

2017-2018 Estimates

- 255,180 cases of invasive breast cancer
- 63,410 cases of ductal carcinoma in situ
- 40,610 deaths
- 3.1 million breast cancer survivors

Changes to Look For

Show slide and discuss:



Introductions

Session opened by lead facilitator:

- Each coach introduces herself (name, years of survivorship)
- Each participant gives their name (if college/university, class year)
- Acknowledge others (e.g., activities director or organizational leader)

Survivor's Story

Coach shares a story of how breast self-exam or other breast healthy behavior lead to early detection.

Breast Self-Exam

Distribute handout and demonstrate:



Step 1

Breast Self-Exam

While looking in the mirror, visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples.



Step 2

Rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



Step 3

While lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



Step 4

Feel up and down your breasts, first with a soft touch, then increase the pressure. Feel for changes from top to bottom and side-to-side. Cover your entire breast and don't miss any tissue.

Part II: Early Detection

Review Part I

Content	Time
Review Part I	3-5
Personal Risk	5
Clinical Breast Exam	5
Mammograms	5
Myths & Facts	10

Ask each participant:

1. What one thing did you learn from Part I?
2. From what you learned, what is the one thing that you are committed to doing?

Personal Risk

Clinical Breast Exam

Distribute handout and discuss. Advise participants to talk with their families about family history of breast cancer then discuss personal risk with their health care provider.

Show slide. Advise participants that experts recommend that women have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40. For women with a family history of breast cancer, doctors may want to complete this exam even earlier.



Mammogram



KNOW YOUR FAMILY HISTORY

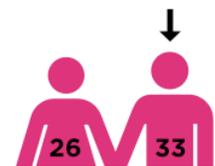
YOUR BREAST CANCER ODDS INCREASE WITH THESE RISK FACTORS:

1



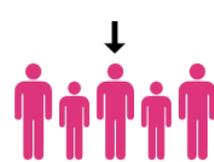
Having a first degree family member (mother or sister) who has or had breast cancer.

2



If a first degree family member has or had breast cancer under the age of 50.

3



If a first degree family member (father or brother) has or had prostate cancer.

4



You inherited either mutated breast cancer associated gene (BRCA1 or BRCA2).

Share that having a mother, sister or daughter with breast cancer almost doubles a woman's risk. However, most women—more than 85 percent—of women with breast cancer do not have a family history of breast cancer.

Show slide of mammogram machine.

Mammograms, which are X-rays of the breasts, are crucial in diagnosing breast cancer. The process itself involves having your breast compressed between two plates (to get a high-quality image) while the machine takes images from different angles.

Advise participants that experts recommend that women at average risk have a mammogram every year starting at age 40.

Myths & Facts

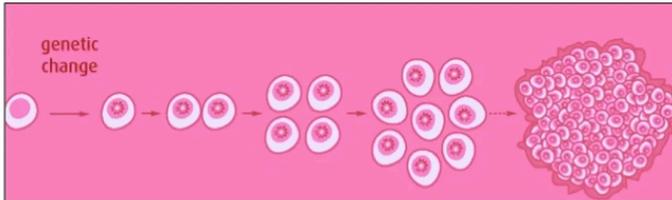
Distribute the Myths & Facts sheet and review.

MYTHS

FACTS

If a woman bumps or bruises her breast, it can turn into breast cancer.

- Bumps or bruises on a person's breast DO NOT cause breast cancer.
- Abnormal cells growing out of control causes breast and other types of breast cancer.



Antiperspirants and deodorants cause breast cancer.

- There have been a lot of rumors that the use of antiperspirants or deodorants increases a woman's risk of getting breast cancer—but they are only rumors.
- There is no scientific proof that this is true.

Having breast cancer surgery will spread cancer to other parts of someone's body.

- Cancer does not spread through the air or during surgery.

Wearing a bra can cause breast cancer.

- There is no evidence of a link between bras and risk of breast cancer.



Healthy, cancer-free breasts are not lumpy.

- Most breasts feel lumpy because the breast is made up of fatty tissue, glands that make milk and the ducts that carry the milk to the nipple.

When it comes to breast cancer, breast size does not matter.

- Breast size and shape have nothing at all to do with a woman's risk of breast cancer.

Taking birth control pills may slightly increase the risk of breast cancer.

- Several scientific studies suggest that current use of birth control pills may slightly increase the risk of breast cancer, especially among younger women.
- However, this risk level goes back to normal 10 years or more after a woman stops taking the pill.

Know what is normal for you, and see your health care provider if you notice any changes in your breasts.

- It is recommended that you get to know what your breast are like so that you can notice any changes, such as a lump, dimpling, of puckering of the skin or nipple discharge.



Screening tests can help women find breast cancer early.

- Clinical breast exams, performed by a health care provider, are recommended at least every 3 years starting at age 10, and every year starting at age 40.
- Mammograms are recommended every year starting at age 40 for women at average risk.
- Women with a family history of breast cancer should ask their health care providers which tests are recommended.

Breast cancer is easier to treat if you find it early.

- The earlier breast cancer is found, the more likely it is that treatment will be successful.
- In the past 20 years, great progress has been made in the early detection and treatment of breast cancer. As a result, the number of breast cancer survivors continues to rise.

Part III: Talking About Breast Cancer

Review Part II

Content	Time
Review Part II	5
Role Play	15
Questions/Answers	5

Ask each participant:

3. What one thing did you learn from Part II?
4. From what you learned, what is the one thing that you are committed to doing?

Role Play Scenarios

The lead facilitator explains that this activity will give participants a chance to practice what it may be like to have a one-on-one conversation with someone about breast health.

Create a brief role-play of the one of the scenarios below. A SISTAAH Talk coach will play the young woman and a participant will play the role of the doctor, relative, or friend.

Your grandmother and aunt both had breast cancer. You want to ask your doctor if you are at risk and what you can do to stay healthy.	Your friend Tiesha is afraid to use deodorant because she thinks it causes breast cancer. You explain the facts to her.
Your friend Jamaler saw something online stating that women who have small breasts do not have to worry about breast cancer. You want to set her straight.	Your grandmother won't let you play sports, because she thinks that if you bump your breast it will turn into breast cancer. You really want to play soccer, so you decide to talk to her.
Your friend Sonia tells you she's had a lump in her breast for about two months. She thinks it will go away on its own.	Your aunt says that she does not want a doctor touching her "boobs." You want to explain to her why it's so important to have a clinical breast exam.
Your mother is 45, and you know that she has never had a mammogram. You want to explain to her why it's so important to get a mammogram every year.	While looking in the mirror yesterday, you noticed a red area on your left breast. You want to see a doctor about it, but you are nervous and embarrassed.

Questions & Answers

1. How will this practice help you talk with others about breast cancer?
2. Who will you commit to talking with about breast health?
3. What message do you want to get across to him or her?
4. What will you do differently as a result of what you have learned today?



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Part IV: Cancer Prevention Guidelines

Content	Time
Cancer Prevention Guidelines	3
Risk Reduction	2
Recommendations	15

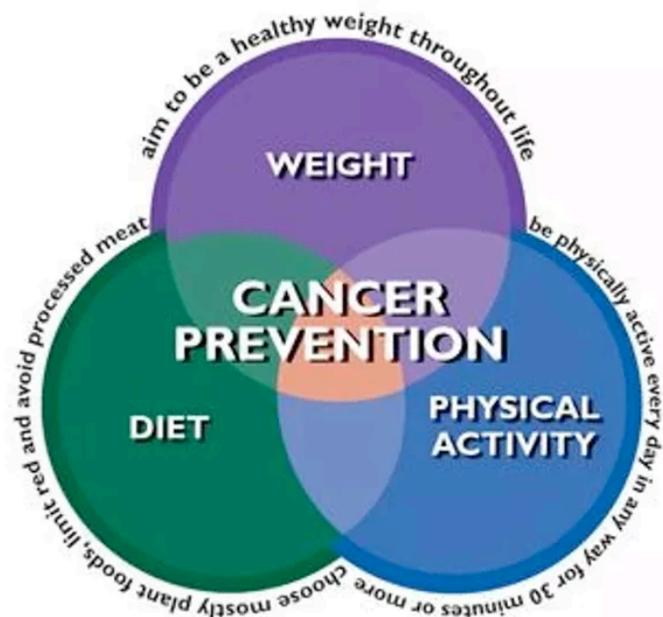
Review Part III

Ask each participant:

1. What one thing did you learn from Part III?
2. From what you learned, what is the one thing that you are committed to doing?

Guidelines

Show slides and discuss.



American Cancer Society (ACS)

Achieve and maintain a healthy weight throughout life.

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.

Be physically active.

- Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.

Eat a healthy diet, with an emphasis on plant food.

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.

If you drink alcohol, limit your intake.

- Drink no more than 1 drink per day for women or 2 per day for men.

American Institute for Cancer Research (AICR)

The AICR offers diet-specific guidelines for cancer prevention and healthy survivorship, with specific recommendations within each category:

1. **Body weight** (maintain a body weight within the normal weight range and if overweight, lose even a small amount of weight)
2. **Limit foods that promote weight gain** (energy-dense foods and sugary drinks)
3. **Consume a variety of plants** (minimum 5 servings fruits and vegetables; eat unprocessed grains and legumes)
4. **Limit intake of red meat and avoid processed meat**
5. **Limit alcohol intake**
6. **Limit sodium consumption**
7. **Do not take supplements for cancer**

Risk Reduction

Discuss each bullet

- Eating a healthy diet, maintaining a healthy weight, and being physically active could result in a 19-50% lower incidence of breast cancer
- Excess abdominal fat (fat around the middle of the body) and the body fat distribution are modifiers of breast cancers, especially among African American women
- Poor diets place breast cancer survivors at a higher risk for recurrence and of developing or worsening of other chronic diseases, such as cardiovascular disease and type 2 diabetes
- Positive lifestyle changes can ease the burden of cancer and improve breast cancer survivorship outcomes, including health-related quality of life

Distribute bookmark



Whole Grains



Whole grains are rich in fiber, vitamins, minerals and phytochemicals (natural plant compounds), which protect the cells from damage that may lead to cancer.

Whole grain means that all three parts of the grain kernel (germ, bran, and endosperm) are present.

Examples of whole grains:

- Brown rice and wild rice
- Wheat breads, rolls, pastas, and cereals
- Whole grain oat cereals like oatmeal
- Popcorn
- Tortilla and tortilla chips
- Corn
- Quinoa

Fruits & Vegetables



A diet filled with a variety of plant foods such as fruits and vegetables helps to reduce the risk for many cancers. In some research studies, women who ate more fruits and vegetables had a lower risk of breast cancer. These substances in fruits and vegetables help improve the immune system, stop inflammation and tumor growth, and help boost production of detoxifying enzymes:

- Phytochemicals
- Carotenoids
- Flavonoids
- Cruciferous Vegetables

Provide examples of fruits and vegetable containing carotenoids, flavonoids, and cruciferous vegetables.

Portion & Weight Control

Excess body weight contributes to as many as 1 out of 5 cancer-related deaths. The best way to stay at a healthy body weight is to balance how much you eat with how active you are: limit the calories you take in, and burn more calories through physical activity. Here are a few useful tips:

- Eat smaller portion sizes
- Limit between-meal snacks
- Limit foods and drinks that are high in calories, fat, and/or added sugars, and that provide few nutrients
- Replace fried foods, cookies, cakes, candy, ice cream, and regular soft drinks with fruits, vegetables, whole grains, beans, and low calorie beverages



Red & Processed Meats



Red meat (beef, pork and lamb) and processed meat (ham, bacon, pastrami, salami, hot dogs and sausages) may contribute to cancer. Studies also show that people who eat a lot of red meat tend to eat less plant-based foods, so they benefit less from their cancer-protective properties. When meat is preserved by smoking, curing or salting, or by the addition of preservatives, cancer-causing substances can form. These substances can damage cells in the body, leading to the development of cancer. Here's what you need to know:

- Processed meats have been transformed through salting, curing, fermentation, smoking, or other processes
- Most processed meats contain pork or beef, but they may also contain poultry or meat by-products such as blood
- High-temperature cooking methods generate compounds that may contribute to cancer risk.
- Cooking at high temperatures or with the food in direct contact with a flame or a hot surface, as in barbecuing or pan-frying, produces cancer-causing substances



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**Supporting the
Fighters,
Admiring the
Survivors,
Honoring the
Taken,**

**AND NEVER, EVER
GIVING UP HOPE.**

Physical Activity



Studies show that physically active women have a lower risk of breast cancer than inactive women, with an average risk reduction of 12%. Exercise can:

1. Lower the levels of hormones, such as insulin and estrogen, and of certain growth factors associated with cancer development and progression.
2. Help to prevent obesity and decrease development of insulin resistance.
3. Reduce inflammation.
4. Improve immune system function.

Physical activity is any movement that uses skeletal muscles and requires more energy than does resting, like:

- Performing household chores
- Walking
- Tennis
- Hiking
- Bicycling
- Swimming

Alcohol



Alcohol (ethanol or ethyl alcohol) is a chemical substance found in beer, wine, and liquor produced by the fermentation of sugars and starches by yeast. Research indicates that the more alcohol a person drinks—especially over time—the higher the risk of developing breast cancer. Women who drink more than three drinks a day have 1.5 times the risk of developing breast cancer as nondrinkers.

- The main types of alcoholic drinks and their alcohol content are as follows:
- Beers and hard ciders: 3-7 percent alcohol
- Wines, including sake: 9-15 percent alcohol
- Wines fortified with liquors, such as port: 16-20 percent alcohol
- Liquor, or distilled spirits, such as gin, rum, vodka, and whiskey, which are produced by distilling the alcohol from fermented grains, fruits, or vegetables: usually 35-40 percent alcohol (70-80 proof), but can be higher

According to the National Institute on Alcohol Abuse and Alcoholism, a standard alcoholic drink in the United States contains 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in 12 ounces of beer, 8 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces or a "shot" of 80-proof liquor.

EVALUATION

Round Robin

Begin by asking participants to share at least one thing that they got out of today's session. Call each individual by name.

Assessment

Conduct an evaluation by indicating, "now, we will have a question/answer period to see what you have learned and how you feel about Lil' SISTAAH Talk."

True/False:

1. It is recommended that women get to know what is normal for their breasts, and that they should tell their health care provider if they notice any changes. (True)
2. At age 20, women should start having a clinical breast exam (exam by a health care professional) every three years. (True)
3. At age 40, women should start having a clinical breast exam (exam by a health care professional) every three years. (True)
4. A woman's chance of getting breast cancer increases, as she gets older. (True)
5. Women with large breasts are more likely to get cancer than women with small breasts. (False)
6. Bruising, bumping, or injuring the breast can cause breast cancer. (False)
7. If no one in a woman's family has had breast cancer, she is not at risk of getting the disease. (False)
8. Breast cancer is easier to treat if it's caught early. (True)
9. Women 40 and older at average risk should have a mammogram (x-ray of the breast) every year. (True)

Strongly agree, agree, disagree, strongly disagree, unsure

10. I am uncomfortable speaking with my family members about our family history of breast cancer.
11. Lil' SISTAAH Talk:
 - a. I was interested in the session
 - b. I learned from the session
 - c. The survivor's story made an impact on me
 - d. Information was presented clearly
 - e. The facilitators seemed knowledgeable

Open Discussion

12. What did you enjoy most about the session?
13. What did you like least about the session?
14. Additional comments

HANDOUTS

Lil' SISTAAH TALK



Breast Self-Exam



Step 1

While looking in the mirror, visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples.



Step 2

Rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



Step 3

While lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



Step 4

Feel up and down your breasts, first with a soft touch, then increase the pressure. Feel for changes from top to bottom and side-to-side. Cover your entire breast and don't miss any tissue.

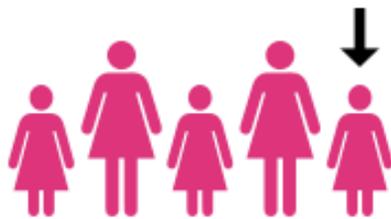
Lil' SISTAAH TALK



KNOW YOUR FAMILY HISTORY

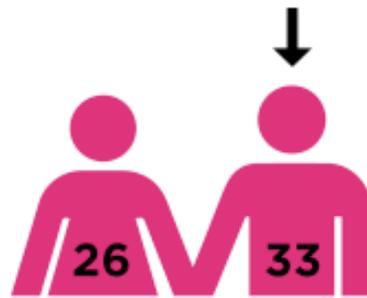
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1



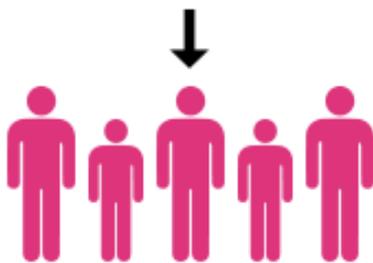
Having a first degree family member (mother or sister) who has or had breast cancer.

2



If a first degree family member has or had breast cancer under the age of 50.

3



If a first degree family member (father or brother) has or had prostate cancer.

4



You inherited either mutated breast cancer associated gene (BRCA1 or BRCA2).

Lil' SISTAAH TALK



ROLE PLAY SCENARIOS

<p>Your grandmother and aunt both had breast cancer. You want to ask your doctor if you are at risk and what you can do to stay healthy.</p>	<p>Your friend Tiesha is afraid to use deodorant because she thinks it causes breast cancer. You explain the facts to her.</p>
<p>Your friend Jamaler saw something online stating that women who have small breasts do not have to worry about breast cancer. You want to set her straight.</p>	<p>Your grandmother won't let you play sports, because she thinks that if you bump your breast it will turn into breast cancer. You really want to play soccer, so you decide to talk to her.</p>
<p>Your friend Sonia tells you she's had a lump in her breast for about two months. She thinks it will go away on its on.</p>	<p>Your aunt says that she does not want a doctor touching her "boobs." You want to explain to her why its so important to have a clinical breast exam.</p>
<p>Your mother is 45, and you know that she has never had a mammogram. You want to explain to her why its so important to get a mammogram every year.</p>	<p>While looking in the mirror yesterday, you noticed a red area on your left breast. You want to see a doctor about it, but you are nervous and embarrassed.</p>

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