

Breast Self Examination For Teens

Live Love
Hope Faith



How much do you
all know about
breast cancer ?



Why are you here?

- Louisiana Law requires you to be taught about the importance of Breast Self Examination (BSE) during high school.
- We want you to be educated and understand the importance of performing BSE every month



What is breast cancer?

- **Cancer develops when cells begin to grow out of control. As these abnormal cells rapidly grow and develop, they invade and destroy healthy tissue and organs in the body.**



Who can get breast cancer?

- Anybody –including men
- Although rare, younger women can also get breast cancer. Fewer than 5 percent of breast cancers occur in women under age 40.



Facts

- 1 in 8 women will be diagnosed with breast cancer in their lifetime
- This is the most commonly diagnosed cancer in women
- This is the second leading cause of death among women



Facts

- Every 2 minutes a woman is diagnosed with breast cancer. Every 13 minutes a woman dies of breast cancer
- Men also get breast cancer its rare but about 2,600 men are diagnosed and 440 die each year



Facts

- Breast cancer is curable if caught early.
- Over 90% of breast lumps are found by doing BSE, on accident, or by looking in a mirror.



Breast Cancer Risk Factors

- Genetics
- Diet
- Lifestyle



Warning Signs of Breast Cancer

- Lump in breast or under arm that won't go away
- Thickening of breast tissue
- Dimpling of breast skin
- Abnormal change in breast shape
- Change in discharge from nipple
- Unusual pain, tenderness, swelling, redness or heat
- Retraction of the nipple
- Scaling of skin around nipple
- Changes in skin color or texture



OUR PRODUCTS

HOW THE DAISY WHEEL GETS DELIVERED

Digital Daisy Wheel



In-School Daisy Wheel



Daisy Wheel App



The Daisy Wheel is an interactive, easy-to-use tool that outlines the 8 steps necessary to perform a breast self-exam. Each of the 8 steps on the front of the Daisy Wheel is displayed in a peek-a-boo window, fashioned after a gerber daisy petal, and includes a visual aid of the 8 steps on the back.



Cervical Cancer Awareness



Cervical Cancer

Cervical cancer is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus



Cervical Cancer Screening

Pap test

Screening tests can help detect cervical cancer and precancerous cells that may one day develop into cervical cancer. Most guidelines suggest beginning screening for cervical cancer and precancerous changes at age 21.

If you are sexually active you should have a pap test at least once a year to detect any infections or any changes in cells of your cervix.

