

This lesson can be used as part of a series of Culture of Health lessons or as a stand-alone lesson. Consider offering the lesson in October, which is National Breast Cancer Awareness month.

### Introduction:

Breast cancer is a type of cancer that starts in the breast when a genetic change causes normal cells to grow out of control. The cancer cells usually group together to form a mass called a tumor. Most breast tumors are benign, or not cancerous, but some types of benign breast tumors might increase a woman's likelihood of developing cancer. Early detection and testing of breast lumps, or any other abnormality in the breast such as redness, swelling, or pitting of the skin, are important for catching cancer early, when chances for successful treatment are good.

Breast cancer is the second most prevalent type of cancer that affects women, just behind skin cancer. Both men and women have been diagnosed with breast cancer, but it is significantly more common in women.

Women, on average, have a 1 in 8 chance of developing breast cancer in their lifetime (a life-span of 80 years.) Risk increases with age and women 60 years and older are at greatest risk.

Triple-negative breast cancer is a type with less "receptors," meaning that doctors have fewer options for treatment. Chemotherapy is an effective option, but hormone therapy and other drugs are not effective.

Inflammatory breast cancer is rare; however, it is important to mention because the symptoms differ from other types of breast cancer. Swelling, redness, and dimpling or thickening of the skin (looks and feels like an orange peel) are symptoms. This type of cancer spreads quickly so check with your doctor immediately if you have any of these symptoms.



### Educational Goals

Following the program, participants will:

- Increase awareness of the prevalence of breast cancer in women and men in the United States.
- Identify risk factors for developing breast cancer.
- Give examples of lifestyle choices that reduce the risk of breast cancer.
- Discuss the benefits of breast cancer screening and early detection.
- Recognize the importance of knowing themselves as key to early detection.

### Intended Audiences

Although breast cancer is most prevalent in women age 50 and older, the majority of Americans will be impacted by a breast cancer diagnosis directly, or through someone they know. For that reason, this lesson is intended for audiences of all ages,

regardless of race, ethnicity, income, profession, or other demographic characteristics. Although not as common, men can get breast cancer as well and certainly should be included as potential audience participants. It is also suitable for caregivers of those who have been diagnosed with breast cancer.

### Preparing for the Lesson:

Allow at least 60 minutes for this lesson. If necessary, you can reduce the lesson's length by omitting the demonstration of online tools used in creating a family health portrait. In doing so, the lesson can be taught in 45 minutes or less.

- Carefully review the Lower Your Risk of Breast Cancer Leader's Guide (MF3559). Gain familiarity with all aspects of the lesson, including objectives.
- Read the Lower Your Risk of Breast Cancer fact sheet (MF3536A).
- Thoroughly review the accompanying slides and the notes provided therein, available through your local K-State Research and Extension office. Find contact information for your local extension office at: <https://www.ksre.k-state.edu/about/stateandareamaps.html>
- Gain familiarity with all aspects of the lesson including related activities, materials, and the referenced resources.

- Investigate the Family Health Portrait online tool found at: <https://phgkb.cdc.gov/FHH/html/index.html>
- Review recommended steps clients can take to collect family health history information at: [https://gbr.nlm.nih.gov/primer/inheritance/familyhistory?\\_ga=2.85424921.1058203603.1595362817-813061730.1595362817](https://gbr.nlm.nih.gov/primer/inheritance/familyhistory?_ga=2.85424921.1058203603.1595362817-813061730.1595362817)

### Supplemental Materials:

Obtain copies of the Lower Your Risk of Breast Cancer fact sheet for each person in your audience. The bulletin aligns with the information shared in the PowerPoint presentation.

Obtain copies of the Family Health History form in English or Spanish found at: [https://phgkb.cdc.gov/FHH/html/static/learn\\_more\\_en.html](https://phgkb.cdc.gov/FHH/html/static/learn_more_en.html)

The Mayo Clinic provides a brief overview of the importance of knowing family health history. The Know Your Family Health History video is referenced on page 6 of the slide presentation and can be accessed at: <https://www.youtube.com/watch?v=XaeiA4TcCT4>

Obtain copies of the Lowering Your Risk – SMART Goals handout for each of your participants. This activity is referenced on pages 11 and 12 of the presentation slides.



## PowerPoint

Use of the PowerPoint presentation is highly recommended. Ask your county or district K-State Research and Extension office for use of a projector and computer if you do not have one available to you.

## Presenting the Lesson

Follow the script provided in the PowerPoint presentation.

Lesson activities are included at the end of the PowerPoint presentation and directions are provided in the notes area, if you choose to use them.

At the end of the lesson, distribute the evaluation. Plan for up to five minutes for participants to complete the evaluation.

## Post-Survey Reporting

Communicating the impact of our work is an important part of our program delivery. Please ask participants to complete the post-survey at the end of your presentation. Return completed surveys to your local K-State Research and Extension office.

**NOTE:** FCS Agents — you can report impact of this lesson in one of two ways:

- Enter your survey data directly into PEARS. This option is strongly encouraged so that you can report your direct contacts with this program. When each agent enters their own data, the program will be tied to the impact of your related action plan. This data will also reflect the impact across KSRE as a whole.
- Scan and email the completed surveys and post-survey cover page to: *dandres1@ksu.edu*. With this option, I will enter the data into my reports. This will reflect the impact in one unit only, rather than across the state.\*\*

\*\*If this option is chosen, mail hard copies of the evaluations and evaluation cover page to:

Deb Andres  
Geary County K-State Research & Extension  
PO Box 28  
119 E. 9th Street  
Junction City, KS 66441

## Reputable Resources

Lower Your Risk of Breast Cancer (MF3536). A concise, easy to understand update on current research and prevention practices regarding breast cancer.

BreastCancer.org. (2020). BreastCancer.org. [https://www.breastcancer.org/symptoms/understand\\_bc/risk](https://www.breastcancer.org/symptoms/understand_bc/risk)

My Family Health Portrait. Centers for Disease Control. <https://phgkb.cdc.gov/FHH/html/index.html>

Mayo Clinic Minute: Know Your Family Health History. YouTube.com. <https://www.youtube.com/watch?v=XaeiA4TcCT4>

Set SMART Goals. University of Arkansas Cooperative Extension Service. Brittney Schrick, Family Life Fridays blog - January 31, 2020. <https://www.uaex.edu/life-skills-wellness/personal-family-well-being/family-life-fridays-blog/posts/SMARTGoals.aspx>

Find contact information for your local extension office at:

<https://www.ksre.k-state.edu/about/stateandareamaps.html>

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