The Arm Our Youths (ArOY) Health Campaign

an OCI Foundation's initiative for Nigerian Youths against breast & cervical cancers

MODULE: BREAST CANCER - WHAT TO TEACH

Assoc. Prof. CHRIS IFEDIORA

(MBBS, MPH, FRACGP, HMS-SEAL, FIMC, CMC, AFANZAHPE)

Griffith University School of Medicine, Gold Coast, Australia President, OCI Foundation International (Nigeria and Australia)



OUTLINE

- 1. Breast cancer teachings: General Knowledge
- 2. Breast cancer teachings: Screenings
- 3. Breast cancer teachings: Risk Factors
- 4. Breast cancer teachings: Early Symptoms
- 5. Breast cancer teachings: Screening Preventive Practices
- 6. Trial quiz

References from: https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-6890-2



"...we rise, by lifting others"

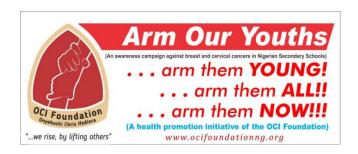


WHAT TO TEACH ON BREAST CANCER: NOTES

- All 45 minutes of the Breast Cancer Teachings must Cover:
 - **GENERAL KNOWLEDGE** on breast cancers
 - Knowledge of breast cancer <u>SCREENING</u>
 - Knowledge of breast cancer RISK FACTORS
 - Knowledge of breast cancer <u>SYMPTOMS</u>
 - Knowledge of breast cancer <u>PREVENTIVE PRACTICES</u>
 - Including <u>Breast Self-examination (BSE)</u>



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WHAT TO TEACH ON BREAST CANCER: GENERAL KNOWLEDGE

BREAST CANCERS:

- Can affect all women with breasts
- Mainly affects women in their 40s, but all women with breasts can be at risk
- Not only married women
- Not only women who have started having sexual intercourse
- Not only women that have ever been pregnant
 - Not only for menstruating or menopausal women
 - Not only for women with past breast cancers
 - Not only for women with breast cancers in families



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WHAT TO TEACH ON BREAST CANCER: SCREENING

There are three different methods:

- 1. Clinical Breast Examination (by doctors in hospitals):
 - Can be done by any woman of age, and at any time
- 2. Imaging: advisable from the age of 40 (earlier if high risk) and repeated every 2 years:
 - X-rays (Mammography)
 - Ultrasounds
- 3. Breast Self-examination (BSE):
 - These are done monthly by the woman herself
 - Note that the BSE steps must not be demonstrate in the class
 - Teachers must refer students to the <u>ArOY Campaign Textbooks</u> in the Library; OR
 - To the free <u>CerviBreast Mobile Phone Application</u> (for those with smartphones



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WHAT TO TEACH ON BREAST CANCER: RISK FACTORS

- Early onset of menstruation: before 11 years
- Late cessation of Menstruation: after 53 years
- Having many babies (more than 4)
- Using the birth control pill
- Having someone in the family with breast cancer
 - Lack of physical activity
 - Not breastfeeding
 - Etc. (See the Module on "Breast Cancer Facts").



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WHAT TO TEACH ON BREAST CANCER: EARLY SYMPTOMS

- Ulcer in nipple
- Breast lump or swelling
- Lump or swelling in the armpit
- Nipple discharge from one breast only
- Skin dimpling on the breast
- Etc. (See the Module on "Breast Cancer Facts").



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WHAT TO TEACH ON BREAST CANCER: PREVENTIVE PRACTICES

- Breast Self-examination (BSE)
- Recommended once a Month
- Seven to 10 days after your period (menstrual flow) starts
- OCI CerviBreast Mobile Phone Application helps with reminders
- Techniques and Steps:
 - Video is on YouTube and on the CerviBreast App
- Controversy: On proof of reduction breast cancer deaths.
 - However, proofs exists that:
 - It helps detect early lesions
 - It can be part of being "breast aware"
 - It makes a woman used to her normal breasts, and then easily identifies changes
 - It is the only realistic and affordable option for millions of Nigerian women



THE END

Let us join hands to Arm Our Youths

... While Young

... All of them





THANK YOU!!!!



