

# 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

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\*...we rise, by lifting others\*

# 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://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-6890-2>



# 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 SCREENING
  - Knowledge of breast cancer RISK FACTORS
  - Knowledge of breast cancer SYMPTOMS
  - Knowledge of breast cancer PREVENTIVE PRACTICES
    - Including Breast Self-examination (BSE)



"...we rise, by lifting others"



**Arm Our Youths**  
(An awareness campaign against breast and cervical cancers in Nigerian Secondary Schools)

**... arm them YOUNG!**  
**... arm them ALL!!**  
**... arm them NOW!!!**

(A health promotion initiative of the OCI Foundation)  
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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 ArOY Campaign Textbooks in the Library; OR
  - To the free CerviBreast Mobile Phone Application (for those with smartphones)



# 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”).



# 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

... Right Now

... Let's do it for our families, our states,  
and for our Country

**THANK YOU!!!!**



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