

PRACTICAL STEPS TO FOLLOW FOR THE ArOY HEALTH CAMPAIGN TALKS IN THE NYSC ORIENTATION CAMPS (60 MINUTES/ONE HOUR)

A. STEP 1: INTRODUCTION (5 MINS):

The Arm Our Youths (ArOY) Health Campaign is a technology-driven, anti-breast and anti-cervical cancer health promotion initiative focused on Nigerian youths at high schools and NYSC orientation camps.

B. STEP 2: DOWNLOAD “THE CERVIBREAST APP” (5 MINS)

Pause for 5 minutes, and ask corps members to download the **CerviBreast App** (Mention the App’s benefits in this time).

C. STEP 3: CERVICAL CANCER (10 MINS):

1) **FACTS:** Cervical cancer is 100% preventable, and has its roots in the teenage/young adult years. As such, high schools and the NYSC are perfect platforms for targeted empowerments.

2) **CAUSE:** By the sexually-transmissible Human Papilloma Virus, HPV.

3) RISK FACTORS

(a) Early age of first sexual intercourse, before 18 (b) Unprotected sex (c) Multiple sexual partners (d) Having many children; more than Over 4 (e) Lowered immunity (f) Presence of other STDs (g) Smoking/Poor Diet/Poor Hygiene (h) No regular cervical screenings (i) It is not hereditary and cannot be transmitted by non-sexual contacts or via black magic/witches/wizards

4) **SYMPTOMS:** Usually, NO SYMPTOMS, and most resolve on their own. Presence of symptoms indicate advanced disease, and include Irregular bleeding (between periods), Bleeding after intercourse, Fatigue, weight loss, no appetite, etc.

5) PRACTICAL PREVENTIVE TIPS

(a) Regular screening/pap smears (b) Vaccines (c) Preventive lifestyles, by avoiding the risk factors above. *See CerviBreast App for details.*

D. STEP 4: BREAST CANCER (10 MINS):

1) FACTS IN NIGERIA

- a) Anyone with breast tissue can be affected. Men are affected (<1-in-100).
- b) Average age of occurrence is 42 to 44 (range (16 to 96 years).
- c) Outcomes in those <40 years are very poor.
- d) 12% occur in women <30 years, 3.3% in those <25 and 1% in those <20.
- e) Nigeria has no universal preventive programs. So, being aware is vital.
- f) It is not from black magic, evil spirits or people, and is not punishment from God.

2) RISK FACTORS

(a) Increased age, but also occurs in under 30s (b) Having someone in the family with the cancer (c) Having had the cancer before (d) Early start of menstruation, before age 11 (e) Late

cessation of period (Menopause) after age 55 (f) Having no child or having first child after age 30 (g) No or little breastfeeding (h) Taking hormone (OCP or HRT) pills.

3) **SYMPTOMS**

(a) Ulcer in nipple (b) Breast lump/swelling (c) Lump or swelling in the armpit (d) Discharge from one nipple only (e) Skin dimpling around breasts (f) Headaches, Nipple discharge in a pregnant person or when squeezed, and Chest pain, are not symptoms.

4) **PRACTICAL PREVENTIVE TIPS**

- a) Make BSE a part of your monthly routine
- b) Commence regular screening once age is attained (i) Imaging (ii) Clinical Exam by Doctor and (iii) Monthly Breast Self-Examination, BSE (see the CerviBreast App).

E. **STEP 5: THE “CERVIBREAST” APP (5 MINS)**

- 1) Unique, Anti-Breast Cancer and Anti-Cervical Cancer information available for every adult of any gender (both males and females).
- 2) Has texts and Nollywood-themed videos of BSE.
- 3) Customizable Reminders for breast and cervical cancer screenings.
- 4) Facilitates location of breast and cervical cancer service providers from anywhere, and by anyone, in Nigeria.
- 5) Contains information on the Gynocular Digital Cervical cancer screening, ArOY Online Training Courses, Raffles, Quizzes, and Speeches from the OCI Foundation’s President.

F. **STEP 6: QUICK QUIZ; USING THE APP (5 MINS)**: Only those with the CerviBreast App can participate in this Quiz. Anchors should pause, as participants download Apps and attempt the quizzes.

G. **CONCLUSION: Q’s and A’s (5 MINS)**: All questions to be directed to the OCI Foundation via the App. The Anchor can address any questions he/she is comfortable to handle.



“...we rise, by lifting others”



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