



OUTCOMES:

Participants increase breast knowledge and become familiar with checking their breasts for lumps.

KEYS TO SUCCESS:

- Provide an interactive, visual, and tangible educational aid to help women understand breast lumps, sizes of lumps, and practicing early detection and prevention.
- Women get to take home a necklace that they made.
- If the women give the necklaces as gifts, the messages continue to other women.

BREAST LUMP AWARENESS NECKLACE

For maximum effectiveness, make a necklace ahead of time and wear it at the event. At the event, pass the necklace around for participants to touch, feel the differences in sizes, and for discussions.

INGREDIENTS:

- String or necklace cording
- Beads:
 - 1-bead, the size of the 50 cent coin
 - 2-beads, the size of a quarter
 - 2-beads, the size of a nickel
 - 2-beads-the size of a dime
 - 2-beads-the size of a pea
- Buttons (different sizes), tubular beads, and tiny beads
- Scissors

PREPARATION:

Step 1: Determine necklace design before you start. Have fun!!!!!!

Step 2: Cut string long enough to pull necklace off and on your head and tie together (after constructing the necklace)

Step 3: String the smallest beads first followed by a button or tubular beads (if desired)

Step 4: Next, string the Pea size bead followed by a button

Step 5: Next, string the Dime size bead and button

Step 6: Next, string the Nickel size bead and button

Step 7: Next, string the Quarter size bead and button

Step 8: String the 50 Cent size bead and button. This is one side of the necklace.

Step 9: Now, work backwards stringing beads

Step 10: Tie off

Be creative in designing your necklace beads. Use stripes, different colors, and logo colors.



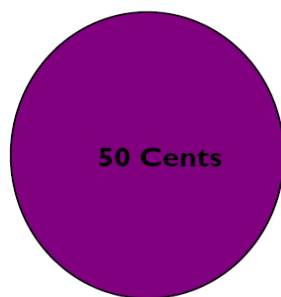


SHARING THE RESULTS:

Each bead on this necklace represents the size of a lump that might be found during a self-breast exam or mammogram. Since breast lumps represented by the smallest bead can only be detected by routine mammography, the message is clear: *get a mammogram regularly.*

TIPS:

- Bring a sample necklace made by a breast cancer survivor or other native women screened through your clinic to share with the group.
- Make your own beads. Craft stores sell ready-made baking clay.



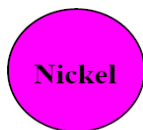
50 Cents

FOUND BY A WOMAN WHO RARELY EXAMINES HER BREAST/BY ACCIDENT



Quarter

AVERAGE-SIZE LUMP FOUND BY WOMEN DOING REGULAR BREAST SELF EXAM (BSE)



Nickel

BY A DOCTOR OR NURSE DURING AN CLINICAL BREAST EXAM (CBE)



Dime

AVERAGE-SIZE LUMP FOUND BY FIRST MAMMOGRAM



Pea

AVERAGE-SIZE LUMP FOUND BY YEARLY MAMMOGRAM WHEN PAST FILMS CAN BE COMPARED