

WORSHIP IN PINK



WIP TOOL KIT

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Dear _____,

Susan G Komen's bold goal is to reduce the current number of breast cancer deaths by 50 percent in the U.S. by 2026. Please join the Susan G Komen Puget Sound Affiliate bold goal by asking your church, synagogue, mosque or temple to participate in **Worship in Pink 2017** Breast Cancer Awareness Campaign.

What is the **Worship in Pink** campaign?

- » It is a grassroots effort of Puget Sound churches, synagogues, mosques and temples to educate their congregation and local community about breast health and breast cancer.
- » It enables congregations the opportunity to help other women and men to receive lifesaving mammograms and be more aware of their risk for breast cancer.

Customize your campaign based on the resources available and consider hosting a special luncheon for survivors or presentation about breast health education. Encourage your congregation to wear pink during a special service to bring awareness to breast cancer or consider inviting breast cancer survivors to share their testimony.

The Puget Sound Affiliate of Susan G. Komen will provide a planning kit for the worship coordinator/program planner/health or women's ministry leader including:

- » Suggested script about breast cancer and breast health resources.
- » Information about the impact of breast cancer on various demographic groups.
- » A listing of local breast health resources.
- » Free packets of breast health information for your congregation
- » Help with identifying speakers that can contribute to your program

Your leadership and participation is important in spreading the message of early detection.

Sincerely,

David Richart

Executive Director

For more information about Worship in Pink, please contact:
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www.komenpugetsound.org

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Program Ideas

Here are some suggestions on ways to engage your congregation and community.

- Dedicate the service to those that have been touched by breast cancer
- Feature breast cancer survivors and ask one to speak to the congregation
- Invite a health care professional to speak to the congregation about breast health information during or after the service
- Have a message from your church leader about the importance of breast health
- Ask a youth group to put on a skit
- Invite a speaker to attend Bible study and share their story
- Start a book club and read a book about breast cancer, such as Dr. Susan Love's Breast Book
- Have a moment of silence or prayer in honor of those who have been affected by breast cancer
- Recognize survivors and/or co-survivors during the service/ceremony
- Serve pink lemonade and pink cake at a reception before or after services
- Hand out pink flowers in honor of survivors and white flowers in memory of those who have died
- Encourage members to wear pink ribbons or an article of pink clothing
- Set up an education booth
- Create a pink bulletin board with breast health information and/or survivor photos

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Sample Script *For the Worship Service*

Good Morning!

My name is _____ and I am a **Worship In Pink** Ambassador or Breast Cancer Survivor here on behalf of Susan G. Komen Puget Sound. Please allow me to take a few minutes to share some valuable information with you that could save the life of someone you know or love.

African American women are disproportionately affected by breast cancer. In fact, our women have one of the lowest 5-year survival rates of populations in our service area. African American women are more likely to die from breast cancer.

In keeping with the mission Susan G. Komen Puget Sound Affiliate is offering the **2017 Worship in Pink** program for breast cancer action by distributing breast cancer educational materials through churches, synagogues, temples and mosques in Puget Sound. Today, we as a faith community have partnered with the Puget Sound Affiliate to open the lines of communication about breast health, promote breast cancer education and celebrate the lives of those who have fought against breast cancer.

After today's service, we will be handing out breast health educational material. Once you have read this material, please pass along these lifesaving messages to a friend or family member.

Together, we can end breast cancer forever.

Thank you for participating.

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Sample Bulletin Announcement

Join us for Worship in Pink
Month/Date/Time

Join your fellow church/synagogue/mosque members in celebrating **Worship in Pink** on Day/Month/Date, to take action against breast cancer. Participants will receive an educational packet which discusses risk factors and the critical role of early detection in saving lives, as well as resources for free and reduced cost screening locations.

We ask that you wear something pink or (INSERT OTHER PROGRAM IDEA HERE) to show your support. Join us as we honor survivors for their courage and pray for those who have lost their lives to breast cancer. Share with your friends, family members and neighbors the lifesaving message of early detection.

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For more information about breast health or breast cancer, please visit: www.komen.org

To download and print free breast cancer material, please visit the educational materials section of www.ShopKomen.org.

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Breast Cancer Facts

- Except for skin cancers, breast cancer is the most frequently diagnosed cancer among women in the U.S. It is second only to lung cancer in cancer deaths among women in the U.S.
- In 2016, more than **240,000 cases** of invasive breast cancer will be diagnosed in women and 2,600 in men in U.S.
- The most proven and significant risk factors for getting breast cancer are **being female** and getting older.
- One woman is diagnosed with breast cancer **every two minutes**, and one woman will die of breast cancer every 13 minutes in the U.S.
- In 2016, about **40,450 women** and **440 men** are expected to die from breast cancer in the U.S.
- Early detection and effective treatment contributed to a **37 percent decline** in breast cancer mortality (deaths) between 1990-2013.
- Only about five to ten percent of breast cancers are due to heredity. The majority of women with breast cancer have no known significant family history or other known risk factors.
- There are currently more than 3 million breast cancer survivors alive in the U.S. today.
- One in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime

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Breast Cancer Facts *In Washington State*

- Every year, 4,900 women are diagnosed with invasive breast cancer in Washington States. That's 94 women a week; 13 women a day.
- Every year, 802 women in Washington State will die from breast cancer. That's 15 women a week; 2 women a day.
- You are 1.4 times more likely to die of breast cancer if you are a black woman when compared to white women.
- Every week, 2 cases of breast cancer will be diagnosed in African American women in Puget Sound.
- On average, 105 new breast cancer diagnoses will occur annually in the Komen Puget Sound service area for African American women.
- Close to 1 new case will be diagnosed in AI/AN woman per week in Puget Sound.
- 13.9% of Native women in our service area who will not survive more than five years after being diagnosed with invasive breast cancer.
- Every month, 7 new cases of breast cancer will be diagnosed in Hispanic women in Puget Sound.
- 467 new diagnoses of breast cancer in Hispanic women from 2007-2011 in the Komen Puget Sound service area.
- On average, 90 new breast cancer diagnoses will occur annually in the Komen Puget Sound service area for Hispanic women.
- Close to 3 Hispanic women per week are diagnosed with breast cancer.
- Close to 4 women per day will be diagnosed with breast cancer in King County.
- In fact, every week there will be close to 5 new cases of breast cancer diagnosed at a late stage.
- Every week, close to 4 King County women die from breast cancer.
- In King County, only 77.9% of women have been screened in the last 2 years.

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Breast Cancer Disparities in the US

- Breast cancer takes a disproportionate toll on women of color and those of low-income and education.
- It is critical that all women have access to needed breast cancer screenings, life-saving treatment and quality breast cancer care if we are to work to end breast cancer disparities.
- Caucasian women have the highest incidence rates of breast cancer in the U.S. followed closely by African American/black women.
- African American women younger than 40 are twice as likely to be diagnosed with breast cancer as Caucasian women of the same age.
- African-American women have a higher incidence of breast cancer than white women before age 45.
- African American and Hispanic/Latina women are more likely than white women to be diagnosed with more advanced stages of breast cancer.
- African American and Hispanic women are more likely to be diagnosed with advanced breast cancer than white women.
- African American and Hispanic women are more likely to develop triple negative breast cancer (TNBC), an aggressive subtype of breast cancer associated with shorter survival.
- Women with low income or education levels have a more advanced breast cancer stage at diagnosis compared to women at higher income and/or education levels.
- Women with low income and/or education levels are more likely than women with higher income and/or education levels to die from breast cancer.
- Women who do not have health insurance are almost four times as likely to be diagnosed with advanced breast cancer compared to women with health insurance.
- Breast cancer is the most common cancer among Asian-American, Native Hawaiian and Pacific Islander women in the U.S
- Breast cancer is the second leading cause of cancer death among Asian-American, Native Hawaiian and Pacific Islander women second only to lung cancer

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Risk Factors

- Most women who get breast cancer have no known risk factors except being a **woman** and **getting older**.
- Family history
- Starting menopause after age 55
- Never having children
- Being overweight or obese
- Having an inherited mutation in the BRCA1 or BRCA2 gene
- Having your first child after 35

What Can You Do?

Know your risk!

- Learn about your family health history
- Talk to your doctor about your personal risk of developing breast cancer
- Eat a low-fat, high-fiber diet
- Eat plenty of fruits, vegetables, and whole grains
- Exercise and maintain a healthy weight
- Have less than one alcoholic drink per day

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Early Detection Plan

Early detection is the key to surviving breast cancer. Here are three easy steps to helping reduce your risk of breast cancer.

1. Annual screening mammography for women starting at age 40.

Women under 40 with either a family history of breast cancer or other concerns about personal risk should consult with a trained medical professional about risk assessment and when to begin mammography.

2. Clinical breast exams by a trained medical professional at least every three years starting at age 20 and annually after 40.
3. Breast self-exam is a tool that may help you see or feel changes in your breasts that should be reported to your health care provider. If you notice any of the following warning signs listed below, see your health care provider right away.
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn't go away

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Local Mammogram Screening Resources and Providers

If you are interested in hosting a mammogram screening, plan to make your request at least six months in advance.

- Susan G. Komen Puget Sound – www.komenpugetsound.org Komen Puget Sound can connect you with local providers and resources, or help you coordinate with a provider for a mammogram screening.
- Breast Cancer, Cervical Health Program (BCCHP) - <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Cancer/BreastCervicalandColonHealth> Provides free breast, cervical, and colon cancer screening to eligible people in Washington State. Eligibility for BCCHP is based primarily on health insurance status, income and age.

Mobile Mammography Programs:

- Swedish Mobile Mammography Program - <http://www.swedish.org/services/womens-health/our-services/mammography/swedish-mobile-mammography-program>
- Evergreen Health Mobile Mammography Program - <https://www.evergreenhealth.com/body.cfm?id=20®istration=true&action=events&summary&eventTitle=Mammography%20Mobile%20Coach>
- Seattle Cancer Care Alliance Mobile Mammography Service - <https://www.seattlecca.org/diseases/breast-cancer/early-detection/digital-mammography/mobile-mammography-service>
- Imaging Associates, Inc. - www.imageassociatesinc.net

Mammography and Diagnostic Sites in the Puget Sound area:

- Visit Komen Puget Sound website: <http://komenpugetsound.org/understanding-breast-cancer/recently-diagnosed-survivors/local-resources-for-you/mammography-and-diagnostic-sites/>

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Exercise, Alternative Medicine & Nontraditional Therapies

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Washington State Financial, Legal & Insurance Resources

- Cancer Lifeline (206) 255-5505 www.cancerlifeline.org
- Washington Drug Card www.washingtondrugcard.com free statewide discount prescription assistance program.
- Washington State Basic Health Plan (800) 660-9840 | www.basichealth.hca.wa.gov
- Northwest Justice Project (888) 212-0380 or (360) 753-3610
- Statewide Health Insurance Benefits Advisors (SHIBA) (800) 562-6900
www.insurance.wa.gov
- Washington State Department of Social and Health Services Health and Recovery Services Administration PO Box 45505 Olympia 98504 (800) 562-3022
- Washington State Human Rights Commission
(800) 233-3247 | www.hum.wa.gov
Provides information on filing discrimination complaints
- Washington State Insurance Commission Consumer Advocacy and Outreach Division PO Box 40256 Olympia 98504 (800) 562-6900 | www.insurance.wa.gov
- U.S. Department of Health and Human Services Office for Civil Rights
(877) 368-1019 | www.hhs.gov/ocr/hippa