



SITEMAN CANCER CENTER®
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A National Cancer Institute Comprehensive Cancer Center

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This booklet was developed from a grant received from the St. Louis Affiliate of the Susan G. Komen Breast Cancer Foundation

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My Breast Health Scrapbook.
A scrapbook for African American women.



A Promise

My name is Gwen Robinson. A few years ago I made a promise to myself to do all I could to take care of my health...to take care of my breast health. I created a health scrapbook, just like this one, to help keep track of all the steps I had taken in my journey towards good health. My health scrapbook was focused on my breast health because I have several family members with breast cancer.

From a young age, my Grandmother told me stories about our family. Her stories made me feel proud of my family's courage and desire for a better life. One day, I asked my Grandmother about our family history of cancer. My doctor told me women with a family history of breast cancer need to monitor their health more closely because they may have a higher chance to develop breast cancer.

I knew my Mother and Auntie had breast cancer. To my surprise, my grandmother told me she also had breast cancer at a young age. My Mother had died, but my Auntie and Grandmother had survived.

Learning more about my family history of cancer, I made a promise to myself to do all that I could to watch my breast health closely.

This scrapbook was created so you can keep track of your own journey towards good health. I have written down some important questions for you to consider. Make this scrapbook your own.

I know it is not always easy to make the best choices. Sometimes you may feel scared. Educate yourself and take one step at a time. With each step you will be further along in your journey towards good health. I am proud of the promise I made to myself. I wish you all the best in your journey to good health.

Sincerely,

Gwen Robinson

About one in ten women will be diagnosed with breast cancer in their lifetime.



Name _____

Date _____

I make the following promise to myself about my breast health:

I make the following promise to my family about my health:

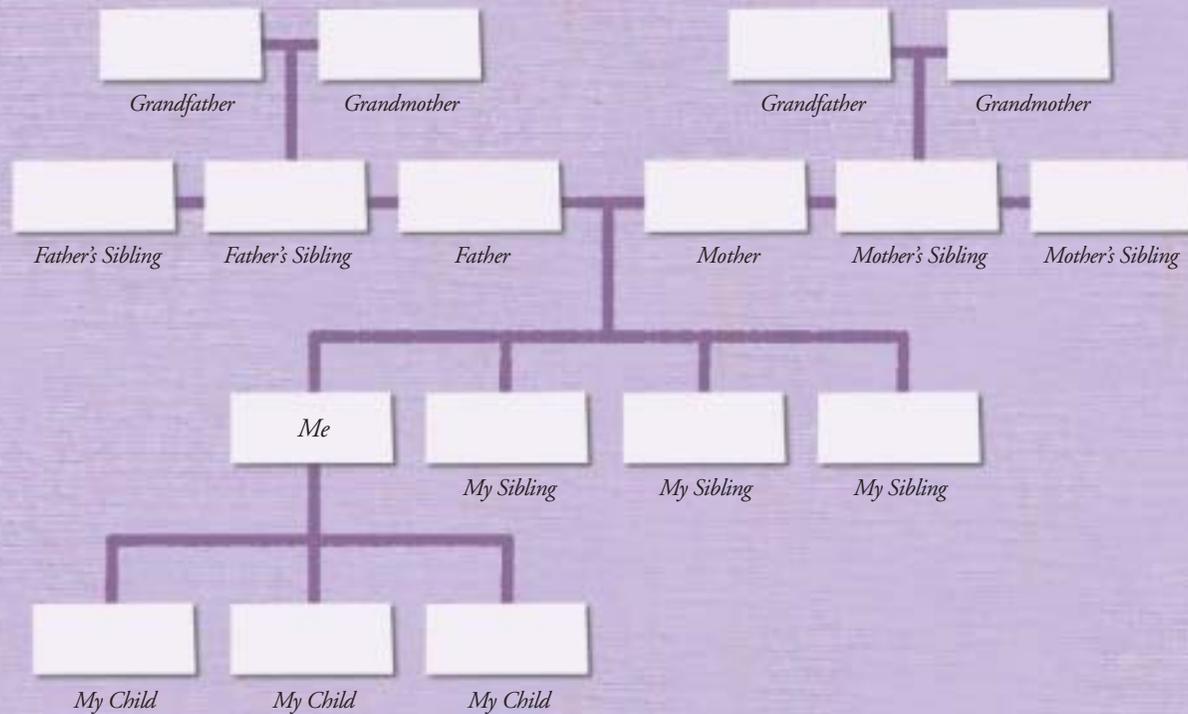
I have asked the following people to help me with my promise:

Ideas

- Check my breasts on a regular basis
- Talk with my doctor about when I should start my mammograms
- Share my family medical story with my children
- Ask my Aunt to go with me to get my mammogram

Do you know your family medical history?

Talk with your loved ones to learn more about your family history. Use the space on this page to write it down. Share your family medical history as part of your family story, the story you share with your children and grandchildren.



Write down the names of your family members. Add additional members as needed.

Our church group met to talk about each woman's family history. As we shared our stories, we made our own family tree. I wrote down all of my relatives on both sides of my family. I also wrote who in our family had cancer and what type of cancer. My daughter cut out pictures to put by everyone's name. We had fun putting together our family tree.

Does breast cancer run in your family?

Every woman has about a 1 in 10 (10%) chance to develop breast cancer. Having a family history of breast cancer increases a woman's chance to develop breast cancer. A woman's chance is increased with the more relatives with breast cancer and the younger the age at diagnosis.

Women with a strong family history of cancer or who have a family history of hereditary breast cancer (cancer which runs in the family due to an altered gene) need to have breast health screening beginning at a younger age, sometimes as young as 25 years of age.

Talk with your doctor about your family cancer history to determine when you should begin your breast health screening. Your doctor may have you meet with a genetics specialist to review your family history in more detail.

Write down your family members with cancer and any type of cancer. Share this information with your doctor and your family.

Family member name	Relationship to you	Type of cancer and age at diagnosis
Example —Mae Johnson	Maternal Aunt	Breast cancer —55 years of age

Self Breast Exams

I performed a self-breast exam on the following days:

Mammogram

My first mammogram was performed on the following date:

My next mammography is scheduled for: _____ (date)

_____ (location)

Family Medical History

I spoke with my doctor about my family medical history.
My doctor's advice to me about my family history was:

A mammogram does not cause cancer.

A mammogram is an x-ray of the breasts to look for signs of breast cancer. It is one of the best tests you can have to look for early signs of breast cancer.



This woman is having a mammogram at a young age because of her family history of breast cancer.

Have you taken steps to share information about breast cancer with your family and friends?

Family History Resource

Contact Jennifer Ivanovich from Washington University School of Medicine at 314-454-5076 to learn more about the connection between family history and breast cancer risk. Jennifer can help you write down your family history and help you determine if your chance for cancer is higher because of your family history. Knowing this information will allow you to make medical choices that are best for your family.

Talk with your doctor about your family medical history, even if she does not ask. Your doctor will teach you how to check your breasts. Your doctor will also determine if you should have a mammogram at a younger age because of your family medical history.

The women of my church group made a promise to one another to remind our group members to check their breasts for lumps each month. Our group made a health calendar so we know when every woman's mammogram is scheduled. We call to make sure she has a ride to her exam and we check with her about her results.

Breast Health Resource

Contact the Breast Health Center at the Siteman Cancer Center, Barnes-Jewish Hospital and Washington University School of Medicine at 314-454-7500 to schedule a mammogram.

Did you tell your children about your family medical story?

My Doctors:

Doctor: _____ Phone: _____

Gynecologist: _____ Phone: _____

Breast Health Center: _____ Phone: _____

Who can help you take good care of your breast health?