



2016 WORSHIP IN PINK TOOLKIT

Thank you for participating in Worship in Pink.

This toolkit contains information and resources to help you have a successful Worship in Pink Program.

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WORSHIP IN PINK OVERVIEW

By participating in **Worship in Pink** on a day of your choice in October (National Breast Cancer Awareness Month), you will make an important contribution to the health of women (and men) in your congregation and community.

Susan G. Komen® Baton Rouge will provide free breast health educational materials for you to share with your congregation. In addition, **Worship in Pink** provides an opportunity to celebrate and remember those with cancer in your community.

Frequently Asked Questions

1. What is provided by the Komen Baton Rouge office?

- up to 150 Local Resources Cards
- up to 150 Mammography Cards
- pink ribbons and safety pins
- free educational materials on our website (please download)

2. What do I have to do?

Register for Worship in Pink 2016 and then do as little or as much as you'd like. The primary activity is to distribute educational materials provided to you by Susan G. Komen Baton Rouge.

3. Do I have to pick-up materials?

Yes, please pick-up your materials from the Komen Baton Rouge office at 6120 Perkins Road, Suite 300 in Baton Rouge. You will be notified when your materials are ready for pick-up.

4. Will Komen Baton Rouge provide a speaker for my Worship in Pink event?

We have provided sample speaking scripts in this toolkit and suggest that you have someone from your congregation, like a health professional, survivor or co-survivor speak.

5. Who can I contact if I have questions?

Call our office at (225) 615-8740 or email mission@komenbatonrouge.org.

SUGGESTED ACTIVITIES FOR WORSHIP IN PINK

Note: you may do as little or as much as you'd like for your Worship in Pink program. The primary activity is to distribute educational materials provided by Susan G. Komen Baton Rouge.

- Choose a date in October (National Breast Cancer Awareness Month) to Worship in Pink and ask the members of your congregation to wear pink on this special day.
- Add special decorations (pink in color) to your place of worship.
- Share breast health information with your congregation.
- Have an information table (use education materials provided by the Komen office including free resources on our website).
- Post information on your bulletin boards or in the church program (see Breast Cancer Facts and the Early Detection Plan included in this toolkit and educational materials on our website).
- Share your pictures with us – we'll post them on our Facebook and social media pages. Send pictures to mission@komenbatonrouge.org.

MORE IDEAS FOR WORSHIP IN PINK

- Invite breast cancer survivors to speak to the congregation.
- Invite a health care professional to speak to the congregation about the importance of mammograms and early detection.
- Have a prayer for those who have been affected by breast cancer and all cancers.
- Recognize survivors and co-survivors during the service.
- Use the sample scripts provided in this toolkit and make an announcement about breast cancer awareness.
- Collect a special donation for Susan G. Komen® Baton Rouge. Help us support community education, screening, treatment and research to find the cures.

SUGGESTED MEETING PROGRAM

5 Minutes of greeting and opening prayer, including prayer requests for anyone affected by breast cancer

5 minutes of sharing the Susan G. Komen story and initiative (you may use one of the provided scripts)

10 Minutes of sharing upcoming Komen events, how to get involved, and breast health factoids

(Optional 10-15 minutes) Allow a survivor to share their story or be recognized

10 minutes of reviewing early detection tools

5-10 minutes open up for discussion, questions or sharing of personal stories

5 minutes conclude in prayer and collect donations for Susan G. Komen

BREAST CANCER FACTS

****Share this information through your bulletin board, program, announcements, or an information table. You may download this document from our website.***

All women are at risk for breast cancer.

--A woman's chance of developing breast cancer increases with age.

--Early detection and effective treatment improves survival.

--1 out of 8 women will develop breast cancer in her lifetime.

--One woman is diagnosed with breast cancer every minute 2 minutes, and one woman will die of breast cancer every 13 minutes in the U.S.

--An estimated 246,660 cases of breast cancer are expected to occur among women in the U.S. during 2016.

--Breast cancer is the most common cause of cancer death for women 40-59 in the U.S.

--There are more new cases of breast cancer among non-Hispanic white women than African-American women for most age groups. However, there are more new cases in African-American women before age 40 and African-American women are more likely to die from breast cancer at every age.

--Men can get breast cancer too.

--The majority of women with breast cancer have no family history. Only about 5 to 10% of breast cancers are due to heredity.

--There are about 3 million breast cancer survivors alive in the U.S. today

BREAST CANCER AWARENESS EARLY DETECTION PLAN

****Share this information through your printed program, bulletin board, announcements, or an information table. You may download this document from our website.***

All women are at risk for breast cancer, and detecting breast cancer early is the key to survival.

Here are steps you can take.

1. If you are age 40 and over, have a yearly mammogram and clinical breast exam. Women under 40 with either a family history or concerns about personal risk should consult a medical professional.
2. Starting at age 20, have a clinical breast exam by a trained medical professional at least every three years. Starting at age 40, have a clinical breast exam, in addition to a mammogram, yearly.
3. Know how your breast look and feel and report any changes to a health care provider. If you notice any of the following warning signs, see your health care provider immediately.
 - 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

SAMPLE SPEAKER SCRIPTS FOR YOUR SERVICE OR PROGRAM

SAMPLE 1

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen® and launched the global breast cancer movement. Today, Komen has invested more than \$2.5 billion to fulfill that promise, working to end breast cancer in the U.S. and throughout the world through ground-breaking research, community health outreach and advocacy.

In keeping with their mission, the Baton Rouge Affiliate of Susan G. Komen is supporting our community of faith in raising awareness about breast cancer. Today we are providing educational materials about breast health and breast cancer and celebrating the lives of those who have fought against breast cancer in the hopes that all women in our community will be diagnosed early and receive the care and treatment they need to survive. Please share the life-saving information you receive with a loved one. Together, we can fulfill the mission of Komen and end breast cancer forever.

Thank you for participating. If you are interested in learning more about Komen Baton Rouge and breast cancer please access their website at komenbatonrouge.org or call 225-615-8740.

SAMPLE 2

Today, with the support of Susan G. Komen Baton Rouge, we are here to raise awareness about women's health and breast cancer.

Unfortunately, Louisiana leads the nation in breast cancer deaths. 40% of women in the state are diagnosed late.

Across the country, about 230,000 women are diagnosed with breast cancer each year, and breast cancer is the leading cause of cancer death for women ages 40-59.

Breast cancer knows no age, race, religion or socioeconomic status. All women are at risk for breast cancer. Young women can and do get breast cancer. Those without a family history get breast cancer. One out of eight women will be diagnosed with breast cancer in her lifetime. Even men, though rare, can get breast cancer. About 2,000 men are diagnosed with breast cancer each year.

What can we do?

Early detection of breast cancer is critical for survival.

If breast cancer is diagnosed in the early stages the chances for survival are best.

Talk to a doctor and get screened by a medical provider. If you are 20 or older, have a clinical breast exam by a health care professional. If you are 40 or older, get have a clinical breast exam and mammogram each year. Also, know what is normal for you, know how your breast look and feel, and see a health care provider right away if you notice any breast changes.

Many women are getting their first mammogram later than recommended, not getting

mammograms at all, or not receiving immediate treatment when needed. Let's take care of ourselves – know our risk, get screened and make healthy lifestyle choices.

Today, you can help spread the life-saving message of breast cancer awareness and early detection to your family, friends and neighbors. And you can take action to improve your breast health. Early detection is the key to survival.

For more information about breast cancer contact Susan G. Komen Baton Rouge. If you know someone who can not afford screening or treatment contact Susan G. Komen Baton Rouge. Susan G. Komen is the world's largest breast cancer organization fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

Thank you for participating in Worship in Pink 2016. Together, we can improve the health of our community.

Save the Date and Join Us

Perfectly Pink Luncheon - October 9, 2016

Race for the Cure® - March 4, 2016

*For more information visit
komenbatonrouge.org or call 225/615-8740.*