



# Early Detection-The Best Cure

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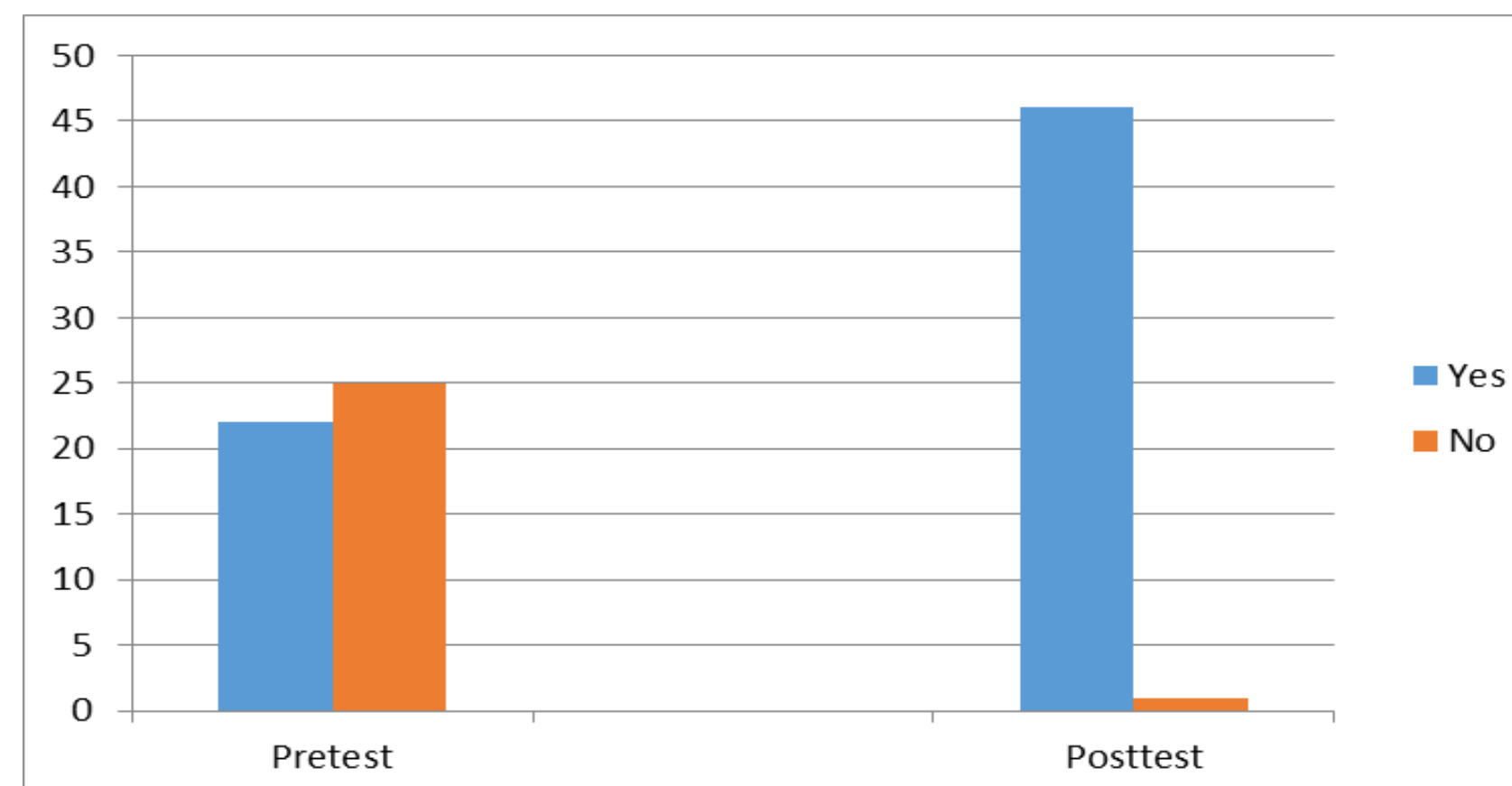
## PURPOSE

The purpose of this project was to increase knowledge of the need for the monthly self-breast check for early detection of breast cancer. Black women are more likely to die from breast cancer than their White counterpart. While Black women are usually diagnosed during stage three or four, White women are diagnosed with breast cancer in stage one.

## DEMOGRAPHIC

The target demographic for this project was 52 African American women on the campus of LeMoyne-Owen College and the Memphis community from 18-34 years of age and from any socioeconomic background.

Need For Monthly Self-Breast Examination



## METHODS

Participants were recruited by placing flyers in area businesses and by posting the flyer on Facebook and Instagram. Additionally, flyers were posted around the dormitory areas, promoting the breast cancer event. A pre/posttest was given to all participants, along with the consent form. An educational intervention was provided by a Nurse for community partner, Methodist Hospital. The survey measured the change in breast cancer knowledge and the importance of the monthly self-check breast examination.

## OUTCOMES

- 1) A significant change in the level of knowledge about the importance of the monthly-self-breast examination was observed.
- 2) Women were taught to identify changes in breast tissue and nipple areas to be able to identify changes early.
- 3) Women were able to identify the signs and symptoms that were risk factors for breast cancer.
- 4). Women learned that breast cancer survival rates increased with early detection.

## STUDENT LESSONS LEARNED

- 1) Early detection can save lives and reduce breast cancer rates among Black women
- 2) Adopting healthy life-style options, including increasing physical activity, eating more fruits, grains, and vegetables, and maintaining proper weight will reduce risk factors for breast cancer.
- 3) Follow preventive care, receiving mammograms as required for age and health conditions.
- 4) Survival rates increase significantly with early detection.

## COMMUNITY PARTNER ACKNOWLEDGEMENTS

LeMoyne-Owen College

Methodist Hospital

Nurse Doris Lewis

TN-MMC HBCU Wellness Project