

PURPOSE

This project aims to provide insight on the increasing diagnosis rate of breast cancer in African-American women. The diagnosis of breast cancer in African-American women is at least twice that of Caucasian women. These breast cancer cases affect the community by causing physical and emotional stress. This stress not only affects the person that develops breast cancer, but the stress affects their families and communities as well.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue.

The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.

DEMOGRAPHIC

The research population for this project is African-American women who reside in between the ages of 18 – 25 (college-aged women) The purpose of choosing this target population will be to increase awareness in women earlier in adulthood so that when they get older they are hopefully more educated about breast cancer.

METHODS

This project partnered with 3 other student health ambassadors to host “Girl’s Night In” via Zoom. A guest speaker, Ms. Evelyn Harris, Nurse Practitioner advised on breast health and how to adopt healthy habits. She also demonstrated how to do self-breast exams. Student shared digital links to participants on breast care and recommendations for when to have monograms. The Student Investigator used campus email, social media posts, and fliers to promote the event.

The workshop was recorded and shared with the Ladies of the Beta Chi Chapter of Delta Sigma Theta Sorority Incorporated at their chapter meeting for their monthly health initiative.

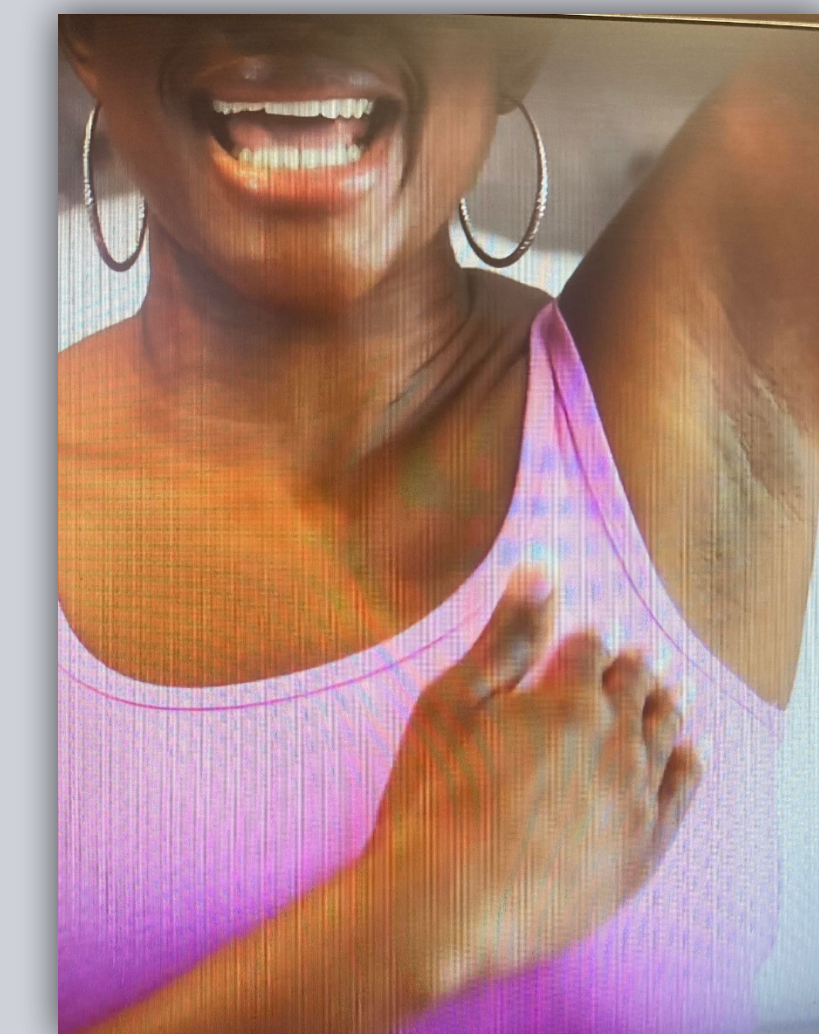
A survey was included with questions to see what students already knew, compared to what they learned.



- 1) 40 ladies joined the Zoom meeting.
- 2) Partnership with 3 other Student Health Ambassadors.
- 3) 34 Ladies did not know how to do self-breast exams before the Zoom.
- 4) 40 Ladies knew someone who has had Breast Cancer.
- 5) Only 4 ladies knew what carcinogens are.

STUDENT LESSONS LEARNED

- 1) I learned how to work through hard situations due to the pandemic and being limited on things I can do.
- 2) I learned more about how to collect and analyze data.
- 3) I learned how to look for signs related to breast cancer and keep my body healthy.
- 4) I was disappointed that I had to do my event on Zoom however, I was able to use it to continue to raise awareness.



COMMUNITY PARTNER ACKNOWLEDGEMENTS

Lane College
Lane College Health Services
Evelyn Harris
Pathways Health Care Center
TN-MMC HBCU Wellness Project