



# Worship in Pink Toolkit

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## Program Ideas/Suggestions

- ✧ 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 message from your religious leader about the importance of breast health
- ✧ 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
- ✧ Run script including names of survivors on screen
- ✧ Host a candlelight vigil for breast cancer survivors and co-survivors
- ✧ 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 succumb to breast cancer
- ✧ Have members wear pink ribbons or an article of pink clothing
- ✧ Host a women's only educational event
- ✧ Set up an education booth
- ✧ Create a pink bulletin board with breast health information and/or survivor photos
- ✧ Create a Wall of Hope with names, pictures and/or stories of congregation members who have been affected by breast cancer.



## Worship in Pink

### Suggested Script for the Worship service

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 for the Cure® and launched the global breast cancer movement. Today, Susan G. Komen is the boldest community fueling the best science and making the biggest impact in the fight against breast cancer. Thanks to events like the Komen Race for the Cure, we have invested almost \$2 billion to fulfill our promise, working to end breast cancer in the U.S. and throughout the world through ground-breaking research, community health outreach, advocacy and programs in more than 50 countries.

In keeping with the mission of Susan G. Komen, the Chicago Affiliate is offering the "Worship in Pink" program to raise breast cancer awareness by distributing breast cancer educational materials through churches, synagogues, and mosques in Chicagoland Area. Today, we as a faith community have partnered with Komen Chicago 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 cancer educational material. Once you have read this material, please pass along these life-saving messages to a friend or family member. Together we can end breast cancer forever. Thank you for participating. If you are interested in learning more about Komen Chicago, please access their website at [www.komenchicago.org](http://www.komenchicago.org) or call 773-444-0061.

### 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 raise awareness about breast cancer. Participants will receive an education 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 life-saving message of early detection!"

### Breast Cancer Facts

- 🎀 1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.
- 🎀 Breast cancer is the most common cancer among women in the U.S., accounting for 30% of newly diagnosed cancer.
- 🎀 Improvements in early detection and treatment led to a 40 percent decline in breast cancer deaths in the U.S. between 1989-2017.
- 🎀 In the U.S., breast cancer mortality is about 40 percent higher in black women than in white women.
- 🎀 In the U.S., it is estimated more than 154,000 women are living with metastatic breast cancer.
- 🎀 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 2020, more than 276,000 new cases of invasive breast cancer are expected to be diagnosed in women and more than 2,600 cases in men in the U.S.
- 🎀 In 2020, more than 42,000 women and men in the U.S. are expected to die from breast cancer.
- 🎀 About five to ten percent of breast cancers in women and four to 40 percent of all male breast cancers in the U.S. are due to inherited genetic mutations. Most women who are diagnosed with breast cancer in the U.S. have no family history of the disease.
- 🎀 The five-year relative survival rate for all women with breast cancer found at a local stage (cancer that has not spread) in the U.S. is 99 percent.
- 🎀 There are more than 3.8 million breast cancer survivors in the U.S.

*(Susan G. Komen, Breast Cancer Fact Sheet, 2020)*

For more breast cancer facts and figures, visit [www.komen.org](http://www.komen.org).

### Principles for Breast Self-Awareness

1. Know your risk
  - Talk to your family to learn about your family health history
  - Talk to your doctor about your personal risk of breast cancer
2. Get screened
  - Ask your doctor which screening tests are right for you if you are at a higher risk
  - Have a mammogram every year starting at age 40 if you are at average risk • Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
3. Know what is normal for you
  - See your health care provider right away if you notice any of these breast changes:
    - Lump, hard knot or thickening inside the breast or underarm area
    - Swelling, warmth, redness or darkening of the breast
    - 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
4. Make healthy lifestyle choices
  - Maintain a healthy weight
  - Add exercise into your routine
  - Limit alcohol intake
  - Limit postmenopausal hormone use
  - Breastfeed if you can

**Early detection saves lives!**

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