



Shanna (Shan) was a beloved daughter, sister and friend. She was an aspiring teacher, talented artist and skilled athlete.



The sunflower was her favourite flower and represented Shan's outlook on life. Now it symbolizes her memory and hope.



# Breast Cancer...



*"this is an excellent way to inform young women on the risks of breast cancer and help them to be able to check for symptoms before it is too late."*

High School Student

*"Shan had planned to go on to teacher's college and spend much of her time with children. Although she is not here today, her life still continues to impact young girls. Thank you."*

High School Student

*"Shan was so beautiful...she could be my best friend...she could be me. What you are doing is amazing. Thank you."*

Post Secondary School Student

*"Shan's story continues to inspire, touch and motivate me to make a difference."*

Post Secondary School Student

*"one of the billboards with your message and Shan's face went up in my neighbourhood. It really struck a cord with me...I feel it is a really important message."*

Post Secondary School Student

*"the website is awesome...crisp, easy to navigate, informative. I love the sunflowers...Thank you for this important work."*

Young Professional



for further information or to request print materials, please contact



**breast cancer awareness for young women**

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**teamshan.ca**



**f facebook.com/team.shan.ca**

**@TeamShan**

Team Shan (breast cancer awareness for young women) is in memory of Shanna (Shan) Larsen who was only 24 when she lost her life to breast cancer. Our logo and sunflower graphics were inspired by Shan's original artwork.

incorporated 2009

**not just a disease  
of older women**

Shanna Larsen 1981-2005

# breast cancer awareness for young women (15-39 years of age)

*facts*

## facts

- ▶ over 1,200 young women (15-39 years of age) are diagnosed with breast cancer every year in Canada
- ▶ over 100 young women with breast cancer will die every year in Canada
- ▶ most breast lumps are not cancer
- ▶ breast cancer does not always start with a breast lump
- ▶ breast cancer can spread, primarily to the bones, liver, lungs and brain
- ▶ breast cancer in young women is often very aggressive
- ▶ cancer in young adults is often random
- ▶ early detection saves lives

*symptoms*

## symptoms

- ▶ breast lumps (most common)
- ▶ breast thickening
- ▶ dimpling/puckering of the breast
- ▶ breast changes (e.g., size, shape, skin)
- ▶ breast swelling, redness, warmth or pain
- ▶ nipple changes (e.g., nipple inverts)
- ▶ nipple discharge/leaking
- ▶ symptoms that may appear from the spread of breast cancer (e.g., bone pain, neurological symptoms)

*care*

## self care

- ▶ choose a healthy lifestyle ([teamshan.ca/breast-aware/healthy-lifestyle](http://teamshan.ca/breast-aware/healthy-lifestyle))
- ▶ know your body and watch for changes
- ▶ be breast aware, check 'em, know your normal, watch for changes ([teamshan.ca/breast-aware/check-em](http://teamshan.ca/breast-aware/check-em))
- ▶ discuss your breast health with your health care provider
- ▶ discuss known breast cancer risks with your health care provider
- ▶ seek medical attention for any breast cancer symptom or unusual breast changes
- ▶ seek medical attention for any persistent change in your body
- ▶ ask the doctor **“Could this be cancer?”**

## risk factors

### uncontrollable

- ▶ being female
- ▶ increased age
- ▶ born in North America or Northern Europe
- ▶ strong family history of breast or ovarian cancer
- ▶ African heritage

### controllable

- ▶ poor diet/unhealthy weight
- ▶ physical inactivity
- ▶ tobacco use/exposure to second hand smoke
- ▶ alcohol misuse
- ▶ use of oral contraceptive
- ▶ delayed childbirth/not breastfeeding

### uncontrollable

- ▶ early start to menstruation (< 12 years of age)
- ▶ genetic mutations (e.g., BRCA1, BRCA2)
- ▶ previous biopsy showing pre-cancerous breast changes
- ▶ previous high levels of radiation exposure to the chest