



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.



Young Women...

"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



Breast Cancer in Young Women Foundation

breastcancerinyoungwomen.org

for further information or to request print materials, please contact



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 @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.



get breast cancer too!

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

facts

facts

- ▶ about 1,300 young women (15-39 years of age) are diagnosed with breast cancer every year in Canada
- ▶ incidence of breast cancer in young women is rising globally
- ▶ breast cancer in young women appears to be random
- ▶ no routine breast screening for young women
- ▶ young women need to self detect
- ▶ breast cancer does not always start as a breast lump
- ▶ most breast lumps are not cancer
- ▶ breast cancer in young women is often aggressive
- ▶ breast cancer can spread, primarily to the bones, liver, lungs and brain
- ▶ 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)
- ▶ know your body, be breast aware, check 'em, know your normal, watch for changes (teamshan.ca/breast-aware/#check-em)
- ▶ find ways to handle emotional stress
- ▶ discuss your breast health with your healthcare provider
- ▶ discuss known breast cancer risks with your healthcare 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

unmodifiable

- ▶ being female
- ▶ increasing age
- ▶ dense breast tissue
- ▶ strong family history of breast or ovarian cancer
- ▶ African heritage, Ashkenazi Jewish descent



modifiable

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



unmodifiable

- ▶ 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

