

# BSE: Better Start Early

This 60-minute interactive program was developed with the help of grant funding from the **Susan G. Komen for the Cure of Southwest Florida**. The purpose of the grant is to give young women (grades 11-12) information about breast cancer, ways to detect and possibly prevent breast cancer, signs and symptoms of breast cancer and also we will discuss the importance of taking care of your reproductive and sexual health. We will evaluate the program with a pre & post test using *E-instruction*.

The *BSE: Better Start Early* program is facilitated by a trained health educator. Students are taught the “how to” of breast self-exams (BSE) with the use of lifelike educational breast models. This information is reinforced through an educational video followed by a question and answer session with the instructor. Students will also receive a breast self-exam instruction shower card, and breast health pamphlets geared towards teens and a breast cancer.

The Kleist Health Education Center is pleased to carry on this vital and important program provided at no cost to schools thanks to the financial support of the *Susan G. Komen for the Cure Southwest Florida*.

For more information on the Susan G. Komen for the Cure Southwest Florida, link on to <http://www.Komenswfl.org/>.



## ***An Introduction to Breast Health***

Women’s breasts come in all shapes and sizes. Regardless of their differences in appearance, all women’s breast need special care to stay healthy for a lifetime. Good breast care starts with the same things that are good for the rest of your body. Practice good nutrition, get plenty of exercise, and cut back on any caffeine, cigarettes, or alcohol if you consume them at all.

## **Starting Breast Care Early**

It’s important to start early and develop good habits for breast care that will continue throughout your life. Talking to girls about breast care as an early teenage is important. It sets the foundation for good habits and breast health for a lifetime. Learning to do self-breast care will help her become familiar with her individual breasts, which will help her clearly discern any abnormal changes that may happen in the future.

Approximately one in eight women will develop breast cancer at some point in her life.

## **Program Reservations**

Programs and assemblies are offered Monday through Friday for schools and other groups through confirmed reservations. Please call well in advance of your request date!

Minimum 25, Maximum 50 girls for one program.

Call: 239-590-7459 or  
Email: [nmetzger@fgcu.edu](mailto:nmetzger@fgcu.edu)  
**Cost: FREE!!!**