



Lexington Somali Cancer Educational Project





Introduction

Hello Everyone!

Welcome to our Cancer Education Session.



Tell Us About Yourself!



1. How old are you?

_____ years old.



2. Are you..

1. Somali
2. Somali Bantu




3. Where were you born?

1. USA
2. Somalia
3. Kenya




**4. How long have you been living
in the USA?**

_____ years.



5. How well do you [speak/write/read] English?

1. Poor
2. Good
3. Very Good
4. Excellent



6. What kind of Health Insurance do you have?

1. Medicaid
2. Medicare
3. Blue Cross and Blue Shield
4. United Healthcare
5. Nebraska Total Care
6. Wellcare
7. Other Health Insurance from work
8. I do not have Health Insurance



Module 1

What is Cancer?



Objectives

- Learn about:
 1. Cancer
 2. Screening



Pre-Session Knowledge Check



Knowledge Check 1

Cancer is when cells keep growing out of control.

1. True
2. False



Knowledge Check 2

All people with cancer will die from it.

1. True
2. False



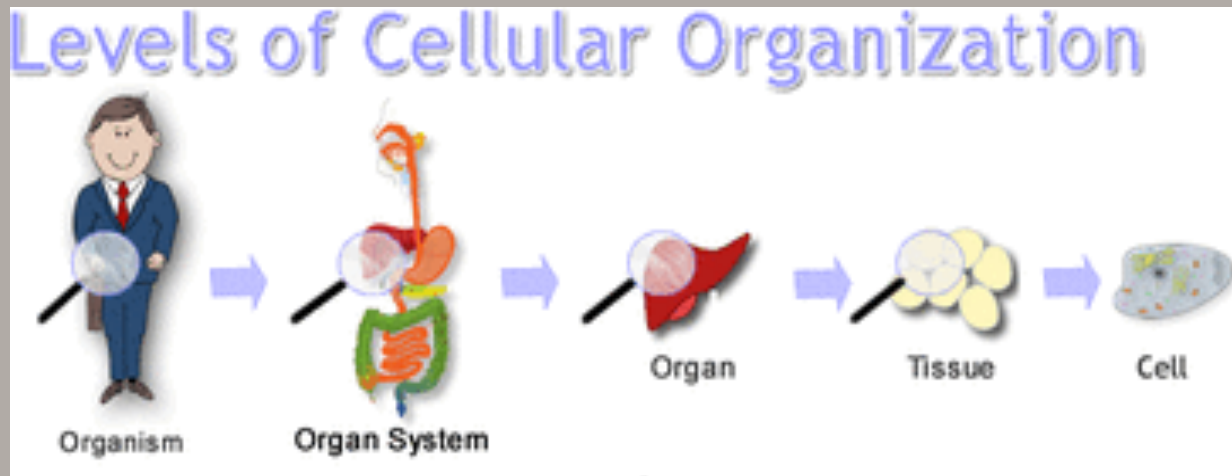
Knowledge Check 3

Cancer screening can help you find cancer early.

1. True
2. False

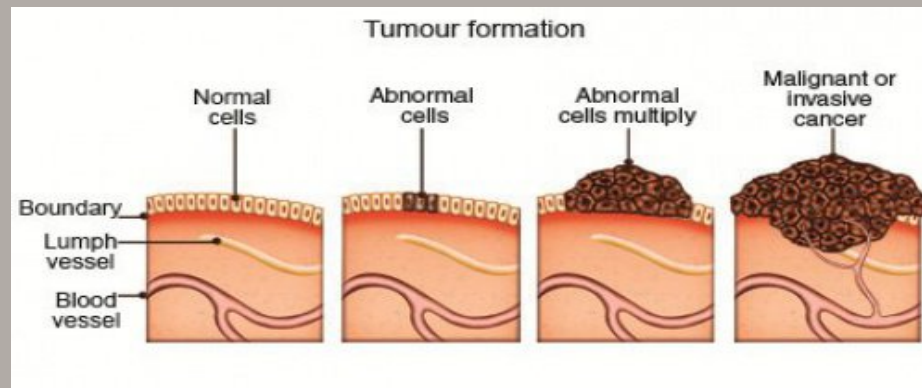
The Basics

- Cells are very small units that make up the human body.
- There are millions of cells in our bodies.



What is Cancer?

- Cancer happens when cells that are not normal grow out of control and crowd out normal cells.
- This makes it hard for the body to work the way it should.
- Cancer can start in any place in the body.





Examples of Common Cancers

- Lung Cancer
- Breast Cancer
- Colon Cancer
- Cervical Cancer
- Blood Cancer (Leukemia)



Cancer Screening

- Screening is checking for cancer in people who do not have any sign of the disease.
- If cancer is detected early there is a better chance of treatment and full recovery.
- The goal of early detection is to discover and stop a cancer before it spreads.
- Some types of cancers have special screening tests that is done regularly (every year or every few years).



Types of Cancer Treatment

- Surgery
- Chemotherapy
- Radiotherapy
- Hormonal Therapy
- Biological Therapy



Interactive

Myth verses truth:

- Cancer can not be treated.
- Cancer screening can prevent death from cancer.
- Cell phones cause cancer.
- Cancer does not happen to good Muslims.
- If you have a relative with cancer you will for sure get cancer.
- There are some herbal medicines that can cure cancer.
- Warming food in the microwave causes cancer.
- Obesity can make you at risk of cancer.
- Smoking can cause cancer.



Post-Session Knowledge Check



Knowledge Check 1

Cancer is when cells keep growing out of control.

1. True
2. False



Knowledge Check 2

All people with cancer will die from it.

1. True
2. False



Knowledge Check 3

Cancer screening can help you find cancer early.

1. True
2. False



Thank You..



Module 2

Female Reproductive Anatomy



Objectives

- In this session, you will learn about:
 1. Parts of the female reproductive system.
 2. Functions of the reproductive system.



Pre-Session Knowledge Check



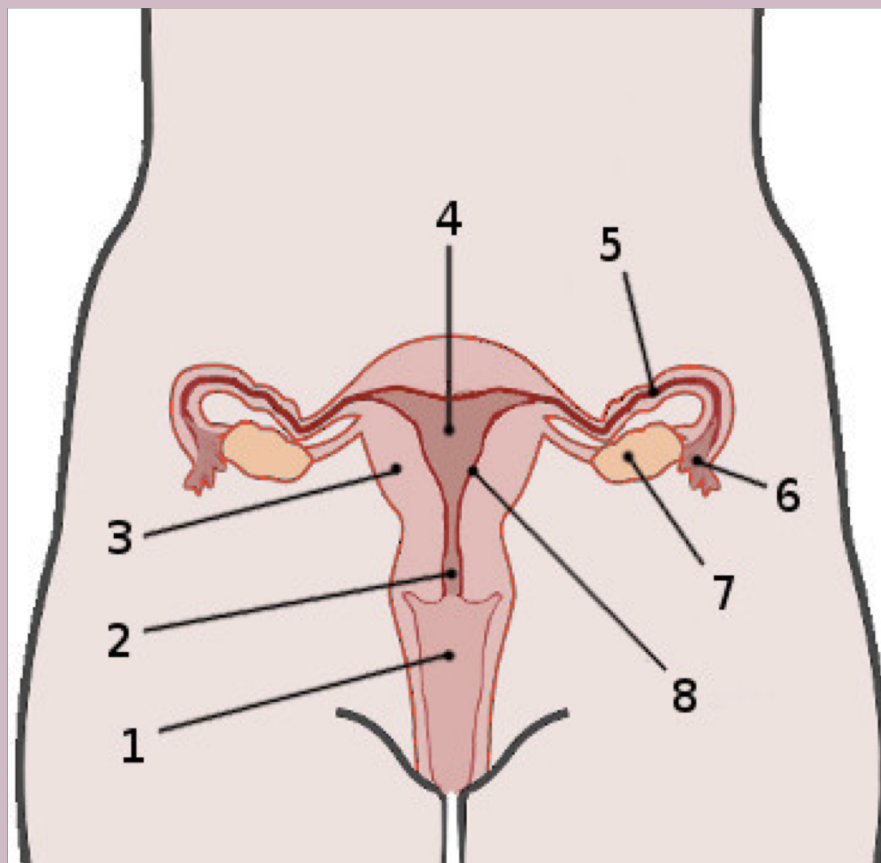
Knowledge Check 1

Uterus is where a baby grows inside a woman's body.

1. True
2. False

Knowledge Check 2

Which one is uterus?





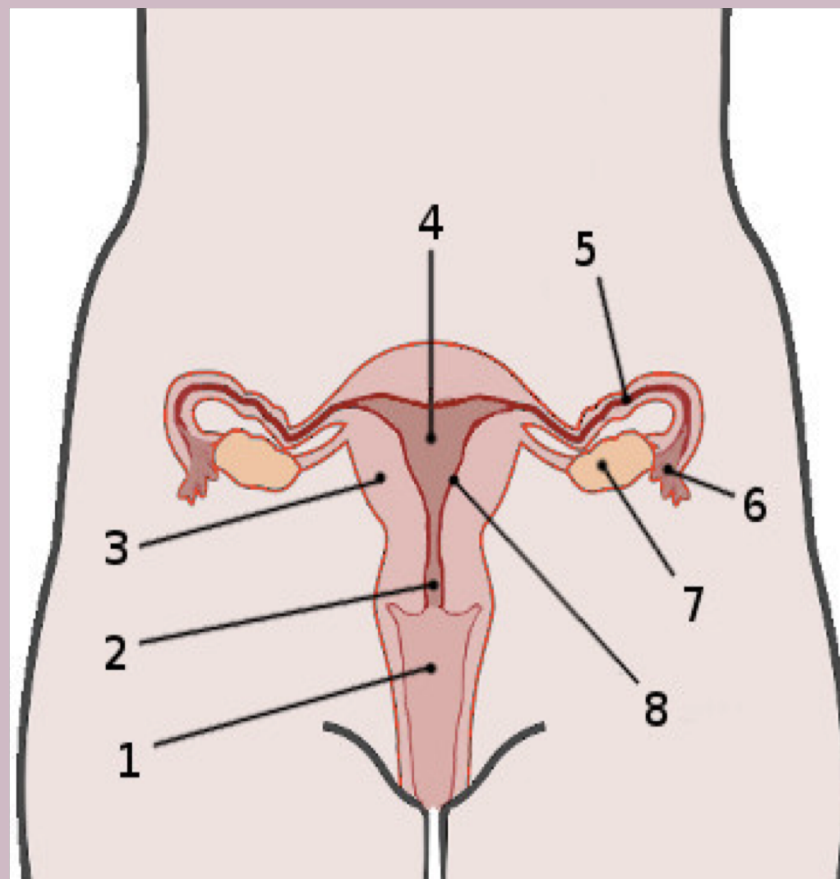
Knowledge Check 3

When a baby is delivered, cervix widens to allow the baby to move through.

1. True
2. False

Knowledge Check 4

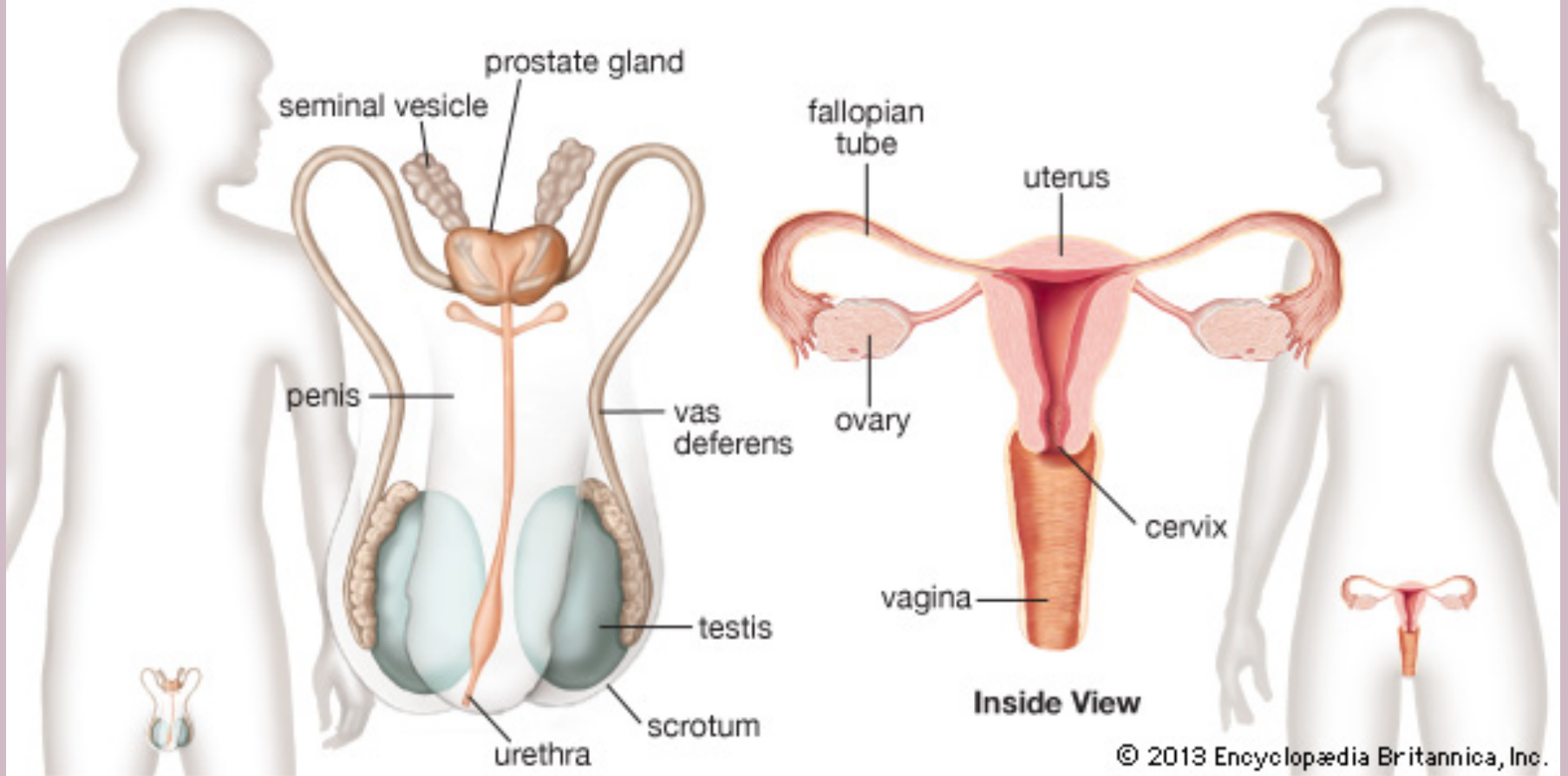
Which one is cervix?



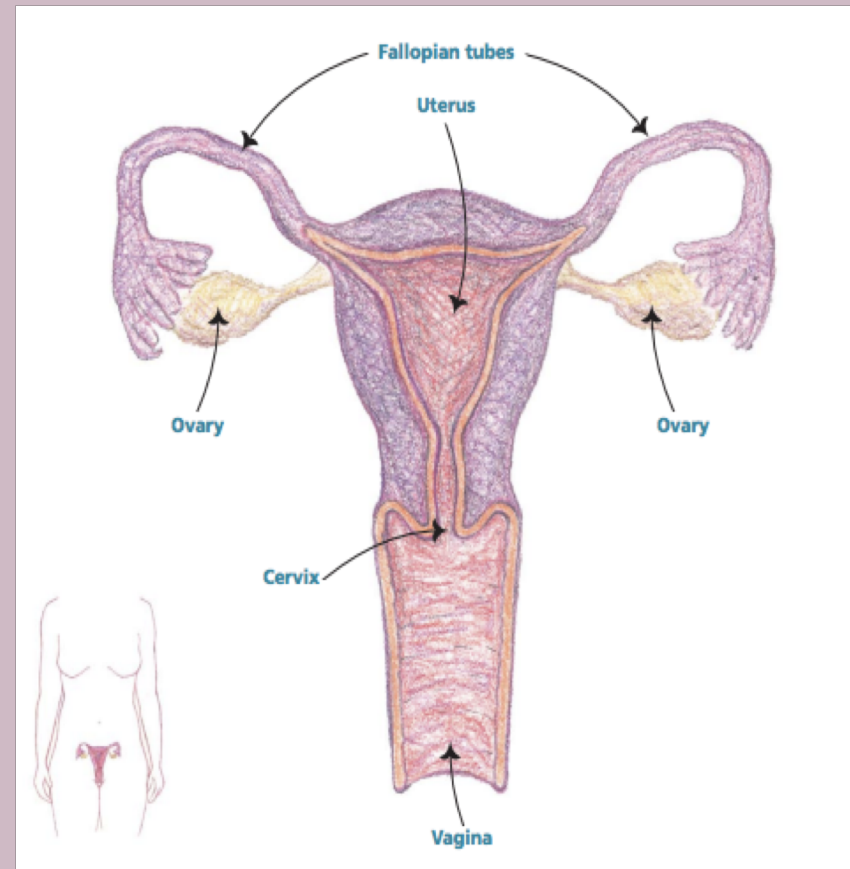
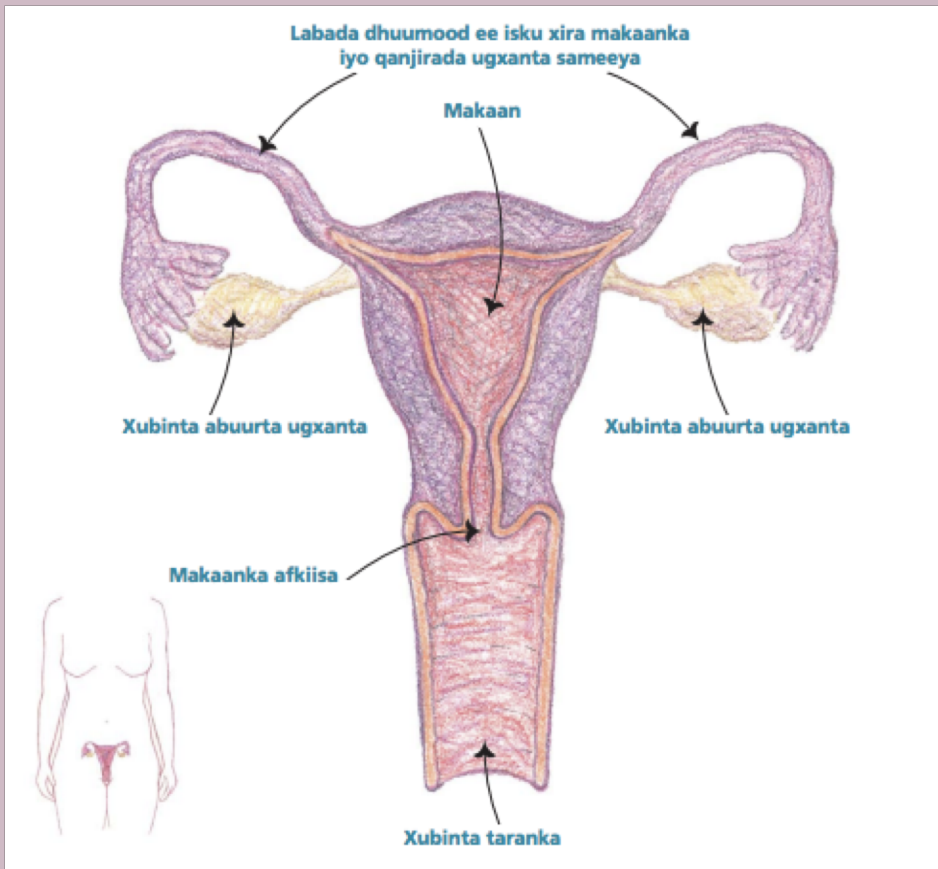
The Reproductive System

Male Reproductive System

Female Reproductive System



Parts of the Female Reproductive System



The Uterus

- The body: The main part of the uterus which carries the baby.
- The Cervix: The lower part of the uterus where the baby passes at child birth.





Post-Session Knowledge Check



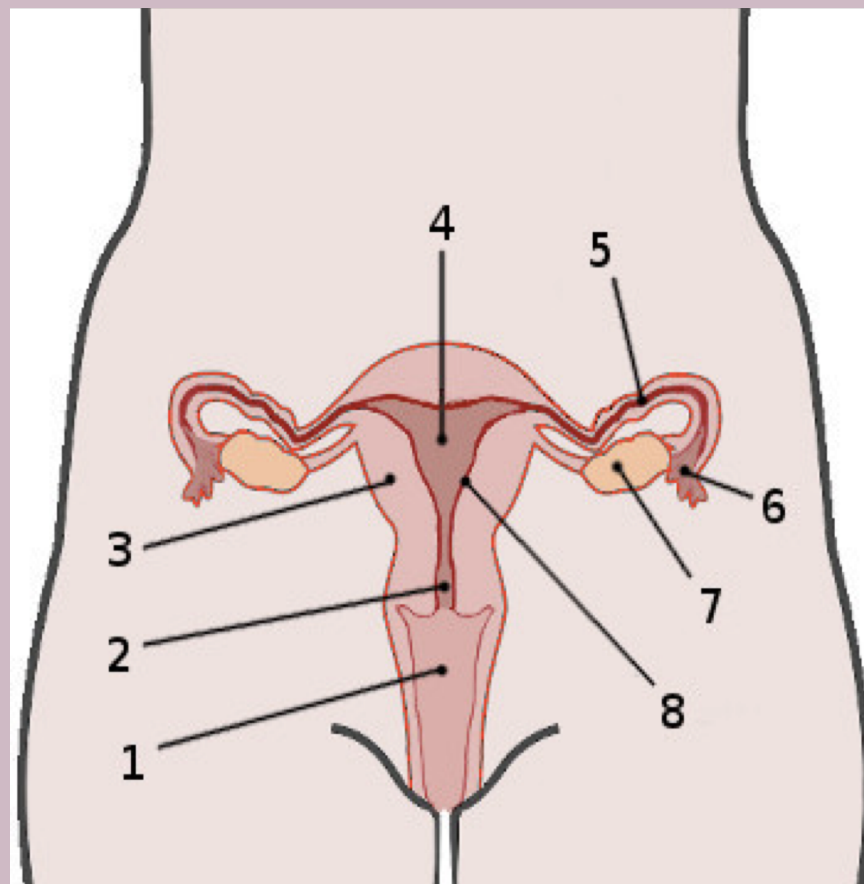
Knowledge Check 1

Uterus is where a baby grows inside a woman's body.

1. True
2. False

Knowledge Check 2

Which one is uterus?





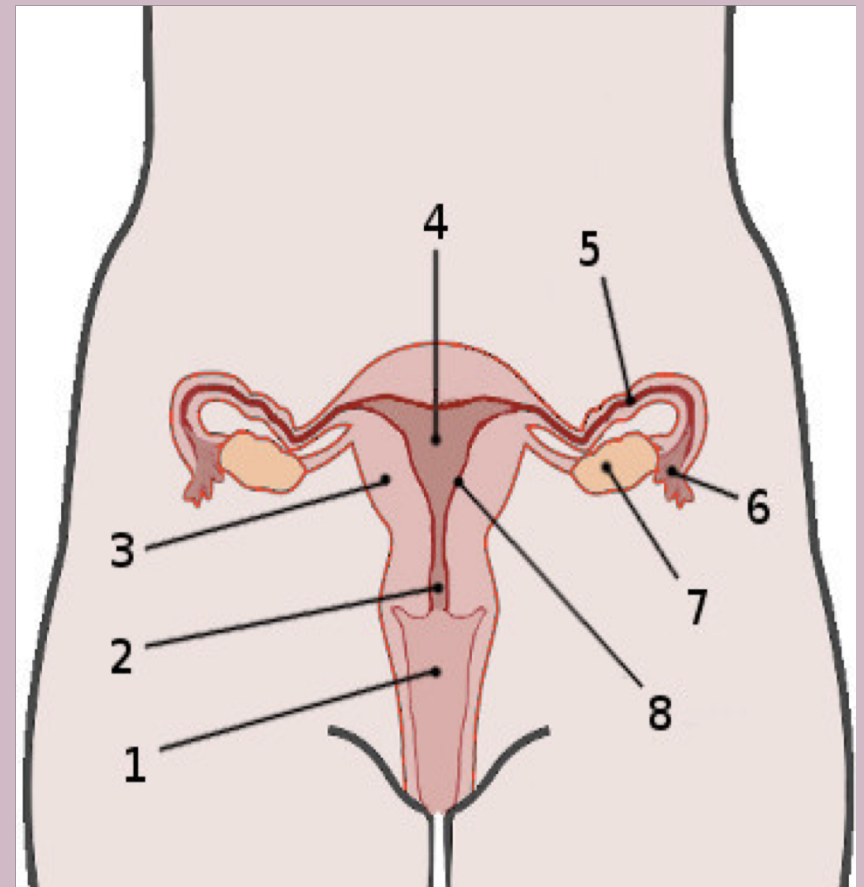
Knowledge Check 3

When a baby is delivered, cervix widens to allow the baby to move through.

1. True
2. False

Knowledge Check 4

Which one is cervix?





Thank you..



Module 3

Cervical Cancer



Objectives

- In this session, you will learn about
 1. Cervical cancer
 2. Why some people get cervical cancer.
 3. How to prevent cervical cancer.
 4. Pap test



Pre-Session Knowledge Check



Knowledge Check 1

Cervical cancer is more common in Somalia than in the US.

1. True
2. False



Knowledge Check 2

What age should women start getting Pap test?

1. 21

2. 41



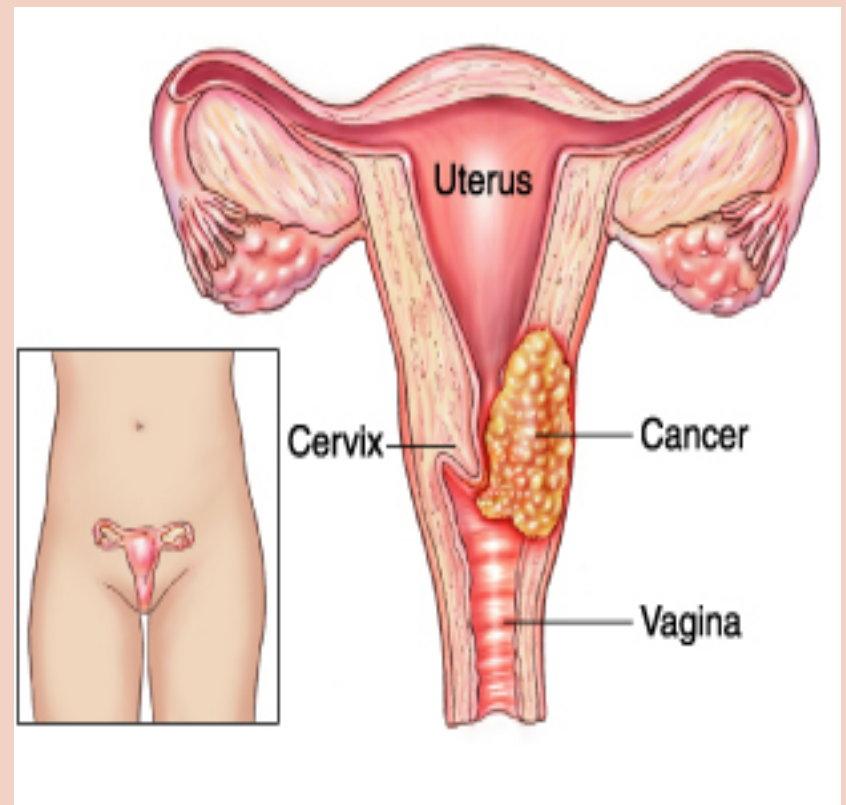
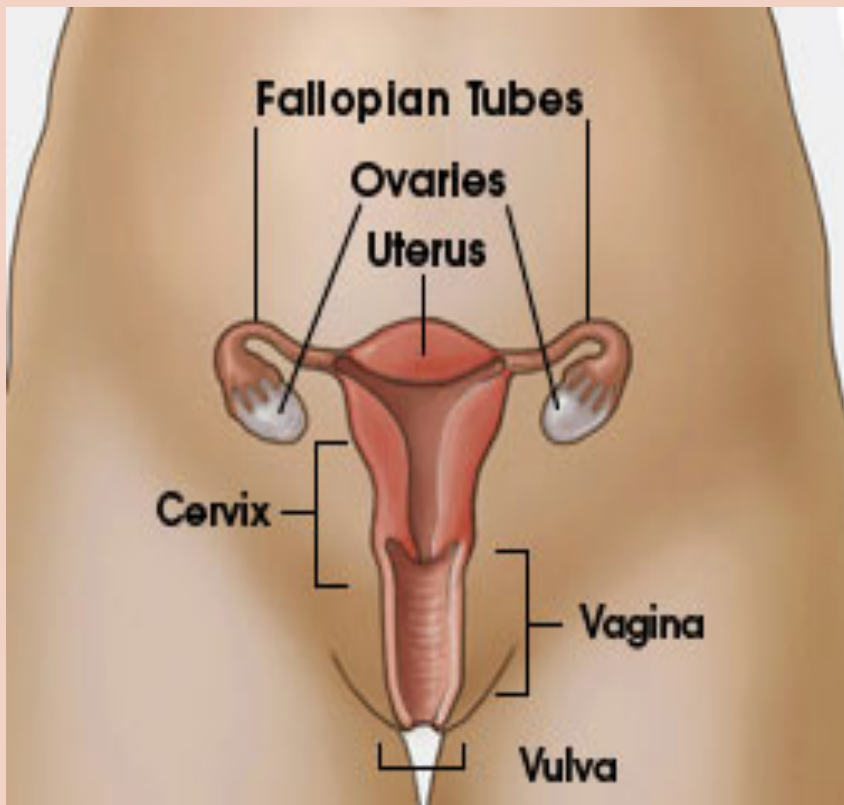
Knowledge Check 3

Women should get a Pap smear only when they are pregnant.

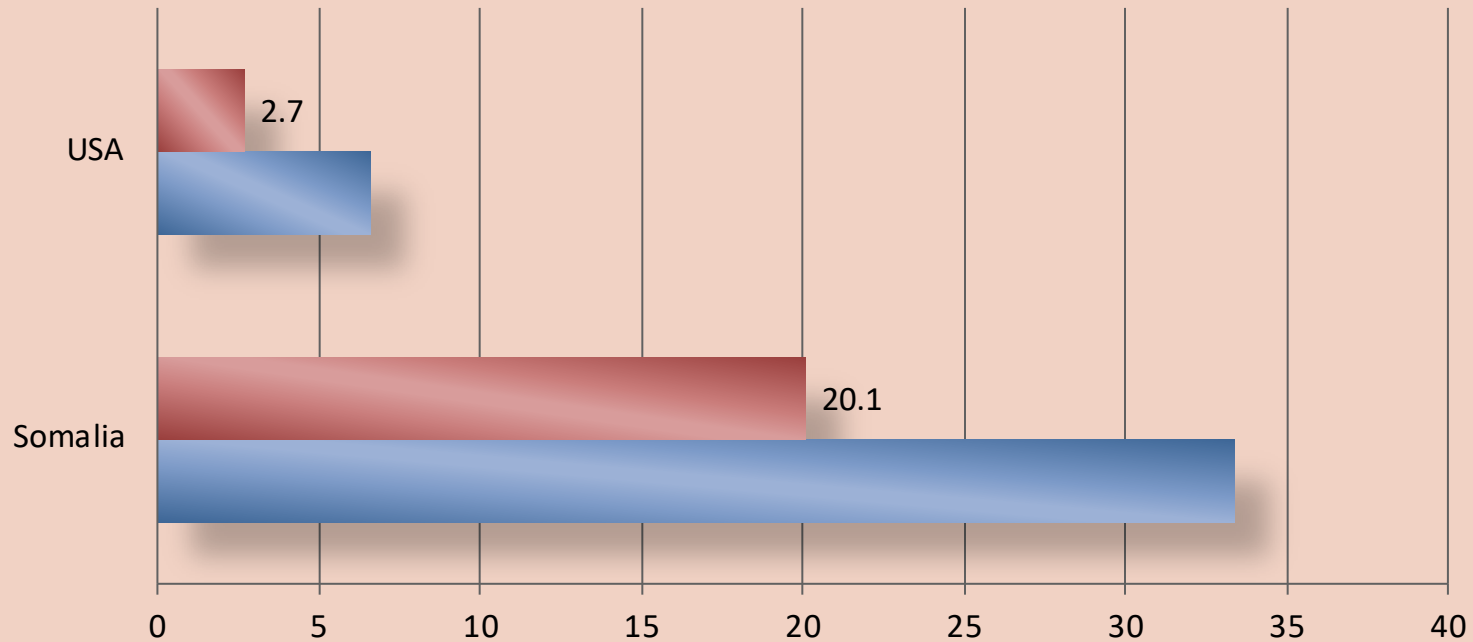
1. True
2. False

Cervical Cancer

- Cancer of the lower part of the womb (cervix).



Cervical Cancer is more common in Somalia than in the US



	Somalia	USA
Mortality	20.1	2.7
Incidence	33.4	6.6

Per 100,000

Courtesy: Cancer Country Profile 2014, World Health Organization



Risk Factors for Cervical Cancer

- Almost all cervical cancer is caused by: *Human Papilloma Virus infection.*

Examples of other factors that can increase the risk of cervical cancer:

- HIV infection
- Having several sexual partners
- Smoking



Human Papilloma Virus

- A virus that causes many types of disease including cervical cancer.
- It is transmitted sexually and through skin to skin transmission.
- It is very common in adults.
- You can have HPV and not know about it.

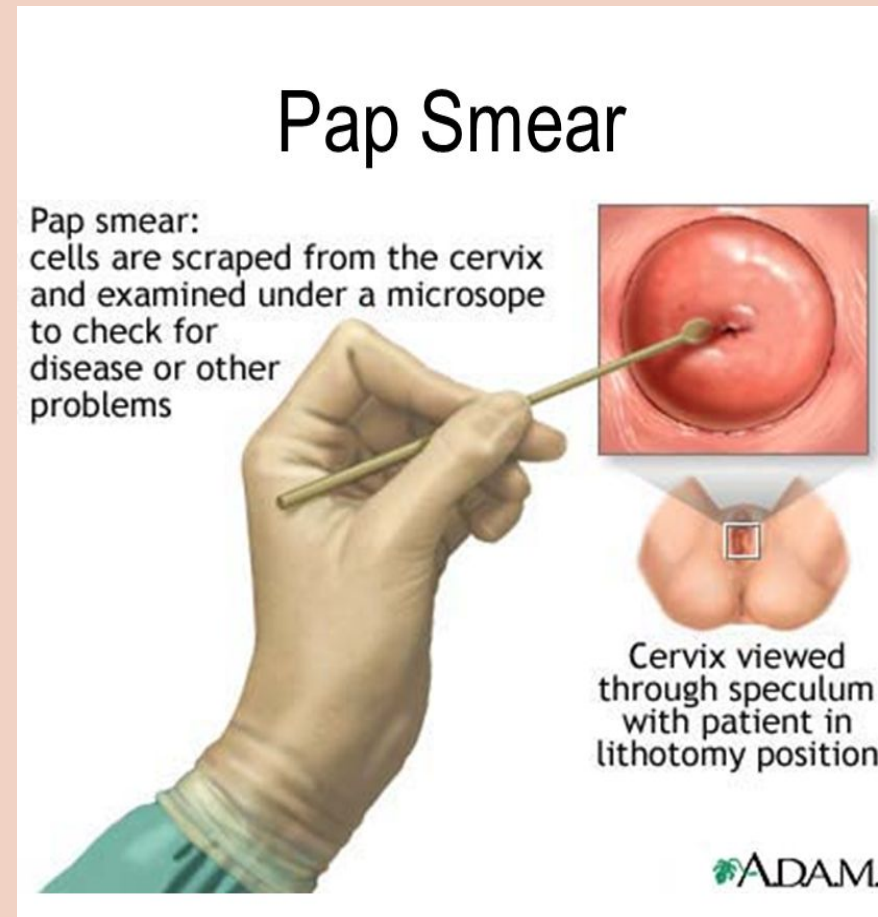


How to Protect my self from Cervical Cancer?

- Get your Pap test on time.
- Report abnormal symptoms of bleeding or vaginal discharge to your doctor.
- Take the HPV vaccine.
- Stop smoking.
- Safe sex practices.

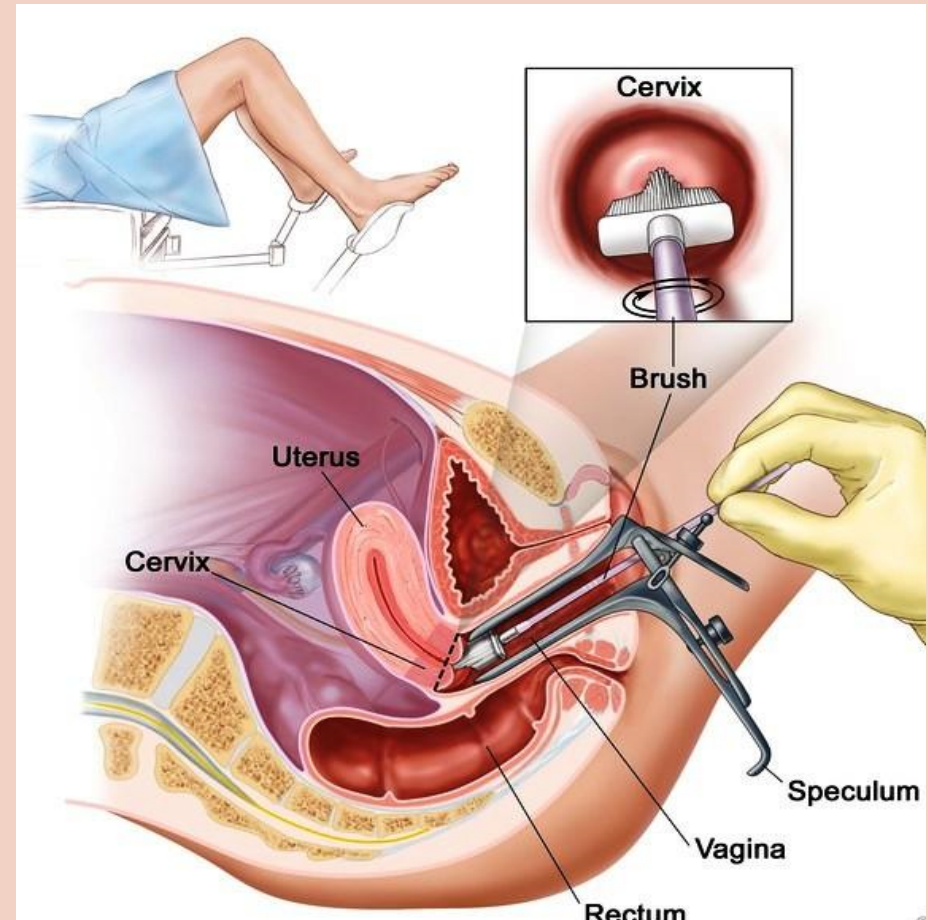
What is Pap Test?

- Pap test is a procedure where the doctor gently scrapes few cells from the cervix to examine them under the microscope.
- To test if any of the cells are in early stages of becoming cancerous.
- This test can prevent most deaths from cervical cancer.



Should I get a Pap Smear?

- Women who are 21 to 65 years old should get a Pap smear regularly.





How often?

- Most women need a Pap test every three years.
- In some cases the doctor might advice for more or less follow up.



Pap Smear Results

- **Normal**
- **Abnormal:** The doctor might recommend further tests including:
 1. Repeated pap test
 2. HPV test
 3. Biopsy



Interactives

Let's try to understand about cervical cancer more by looking at some real life situations.

Situation 1: Ubah and Zeinab are good friends who went shopping together. They got talking about Ubah's latest visit to her doctor. Let's hear their conversation.



Interactive

Scenario 1:

Ubah: Alsalmualaykum Zeinab, how are you?

Zeinab: I am good Alhmdolelah.

Ubah: Today I was at the doctor and he told me I should do a Pap test but I refused.

Zeinab: Oh no Ubah. Pap test is very important for you. It helps to prevent cervical cancer.


Ubah: Only god can prevent cancer.

Zeinab: Yes Ubah off course but this test helps the doctor detect cancer early so he/she can help you manage it.

Ubah: Oh I see, so is it painful?

Zeinab: No it is not painful and it only takes 5 minutes. I do my Pap test every 3 years Alhmdolelah.

Ubah: Alhmdolelah. Thank you for your advice Zeinab. Inshallah next time I go to the doctor I will ask her for the Pap test.



Situation 2: Nawaal and her mother are having dinner together. Nawaal has a doctor's appointment next day. Let's hear their conversation.



Interactive

Scenario 2:

Nawaal: Mother I am going to the doctor to get my Pap test. How about you come with me and get your Pap test too?

Mother: What would an old women like me do with a Pap test. I didn't have any sexual intercourse since your father died (May god bless his soul).

Nawaal: No mother, you are not too old. I read that women should continue having Pap test until they are 65 years old and you are still 58.

Mother: But Nawaal, you know I didn't have any sexual intercourse since your father died (May god bless his soul). I am too embarrassed to let the doctor examine me down there.

Nawaal: But Pap smear is important to prevent cancer and I can ask for a female doctor to examine you.

Mother: Ok Nawaal, I will come with you.



Post-Session Knowledge Check



Knowledge Check 1

Cervical cancer is more common in Somalia than in the US.

1. True
2. False



Knowledge Check 2

What age should women start getting Pap test?

1. 21
2. 41



Knowledge Check 3

Women should get a pap smear only when they are pregnant.

1. True
2. False



Thank you..



Module 4

HPV Vaccine



Objectives

- In this session, you will learn about
 1. Human Papillomavirus (HPV)
 2. HPV vaccine



Pre-Session Knowledge Check



Knowledge Check 1

HPV vaccine is only for girls.

1. True
2. False



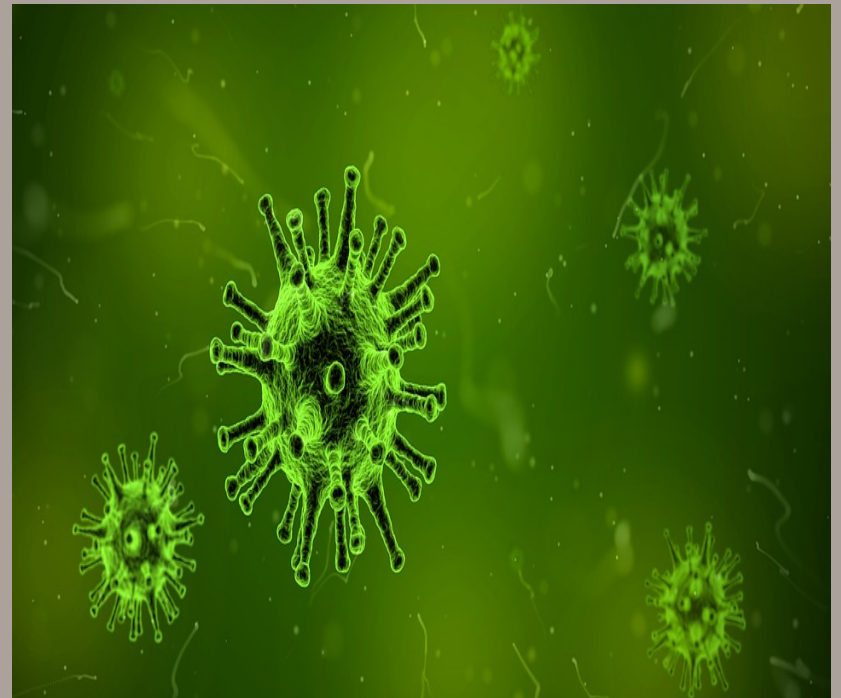
Knowledge Check 2

HPV vaccine can cause birth defect.

1. True
2. False

What is a Virus?

- A small organism that can not been seen with the naked eye.
- It enters the human body and cause disease.





Human Papilloma Virus

- A virus that causes many types of disease including cervical cancer.
- It is transmitted sexually and through skin to skin transmission.
- It is very common in adults.
- You can have HPV and not know about it.
- HPV has different types and each type causes different disease.



Diseases Caused by HPV

- **Genital warts:** Very common (one in 100 sexually active adults in the U.S. have genital warts).
- Can be treated by the healthcare provider or with prescription medication.
- Cervical cancer in females.
- Penile cancer in males.
- **Other kinds of cancer:** Anal cancer, vaginal cancer etc.

HPV Vaccine

- Vaccine to prevent HPV.
- Usually given to children ages 11-12.
- This is the best age to give it to children.
- Both boys and girls should take the vaccine.
- Recommended for males and females age 11-26.





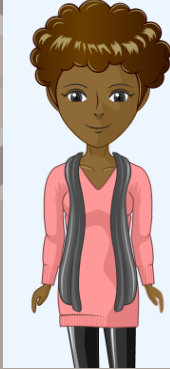
More About HPV Vaccine

- Children who are 11 or 12 years old should get two shots of HPV vaccine six to twelve months apart.
- Teens and young adults who start the series at ages 15 through 26 years need three doses of HPV vaccine.



Amina's Story

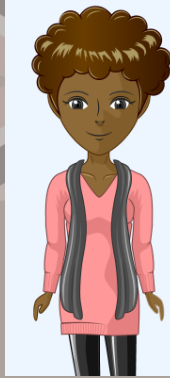
- When Amina was a little girl, she dreamed of growing up to become a nurse and live in a beautiful house. Her husband would be handsome and kind, and they would live a long happy life together.
- When she was 17, a young man asked for her hand in marriage. Her father agreed and she got married in a small simple wedding.



- Few months after the wedding, Amina discovered that he was not faithful to her but her mother advised her to stay with him and not bring shame to her family by asking for divorce. Over the next 20 years, she had 6 more children, including a little girl who died at age 3, and a boy who died at birth.
- One day, Amina was using the bathroom and she noticed a bloody discharge coming from her vagina when it wasn't time for her monthly bleeding. She had never had a Pap test, but now Amina asked her husband if she might see a doctor. He replied that he didn't trust doctors.



- Amina was 40 when she began to suffer constant pain low in her belly. The pain worried her, but she didn't know who to talk to about it. Few months later, Amina decided to ask a wise woman in the community for help. The wise women suggested she was affected by evil eye and she should read Quran every night and drink herbal tea.
- Amina followed the wise woman's advice and felt better reading Quran every day. The herbal tea was calming and made her feel relaxed when she had it. But as weeks passed, Amina's health worsened, and she became worried, realizing that something was still wrong.



- Finally, Amina became so weak that her husband believed she really was ill, and decided to take her to the hospital. Finally, she was told that she had advanced cancer of the cervix. The doctor said they could remove her womb, but that the cancer had already spread. The doctor asked, “Why didn’t you get regular Pap tests? If we had found this earlier, we could have treated it easily.” But it was too late for that. Amina went home, and in few months, she died.



Why did Amina Die?



Post-Session Knowledge Check



Knowledge Check 1

HPV vaccine is only for girls.

1. True
2. False



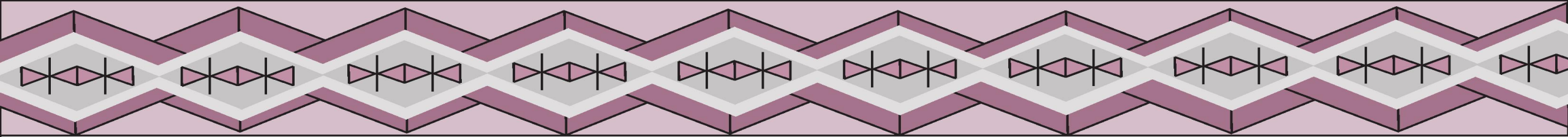
Knowledge Check 2

HPV vaccine can cause birth defect.

1. True
2. False



Thank You..



Module 5

Breast Cancer





Objectives

- In this session, you will learn about
 1. Breast cancer
 2. Risk factors for breast cancer
 3. Mammogram





Pre-Session Knowledge Check





Knowledge Check 1

Breast cancer is the most common type of women's cancer.

1. True
2. False





Knowledge Check 2

Overweight women are at higher risk of breast cancer.

1. True
2. False





Knowledge Check 3

Women should start getting Mammogram at the age of 30.

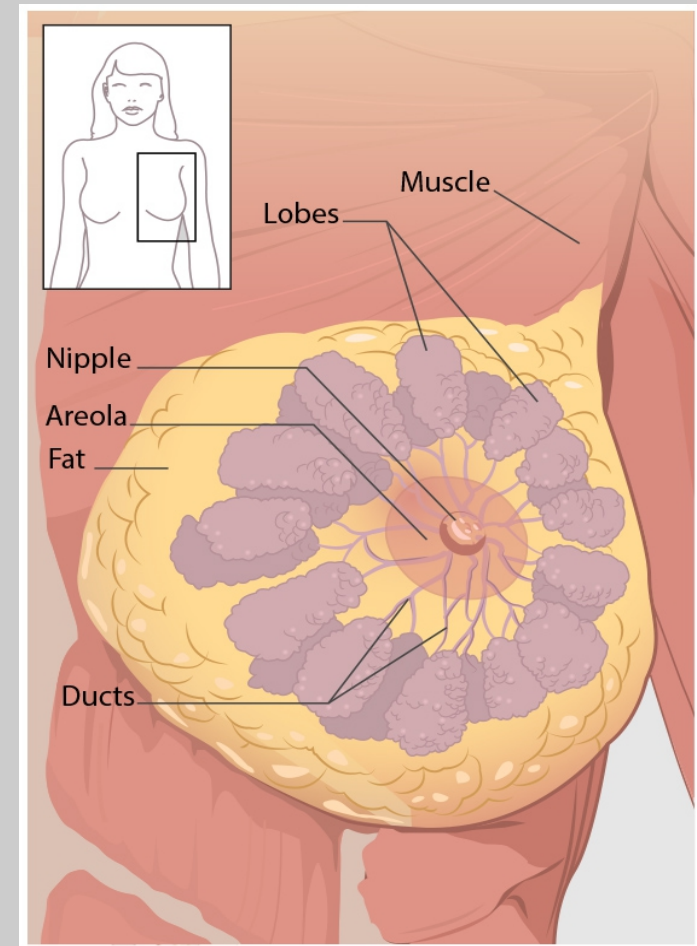
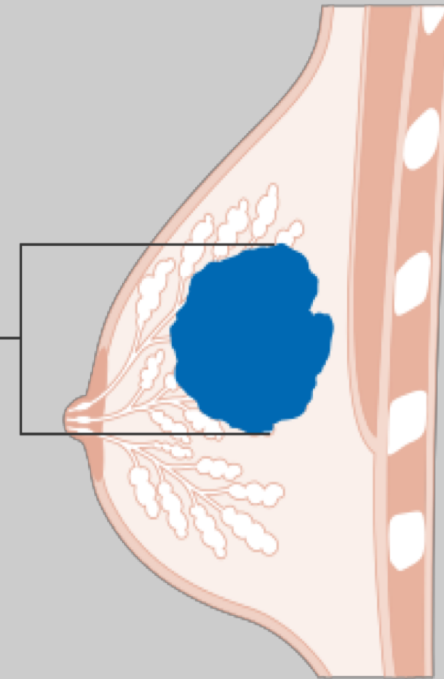
1. True
2. False



What is breast Cancer?

- Cancer of the cells of the milk producing cells in the breast.
- Breast cancer is the second most common type of cancer in American women.

Tumour
greater than
5cm across





Risk Factors for Breast Cancer

- Being a women
- Older age
- Family History
- Starting menstruation before age 12.
- Having menopause after age 55.
- Radiation to the chest
- Being overweight
- Having the first child after age 30.
- Hormonal therapy and contraceptive pills.
- No breastfeeding
- Family history of breast cancer.



How to Reduce your Risk of Breast Cancer?

- Keep a healthy weight
- Exercise regularly
- Get a good night sleep
- Breastfeed all your children



Physical activity

- **How much physical activity do I need to do?**

You can walk for 30 minutes a day.

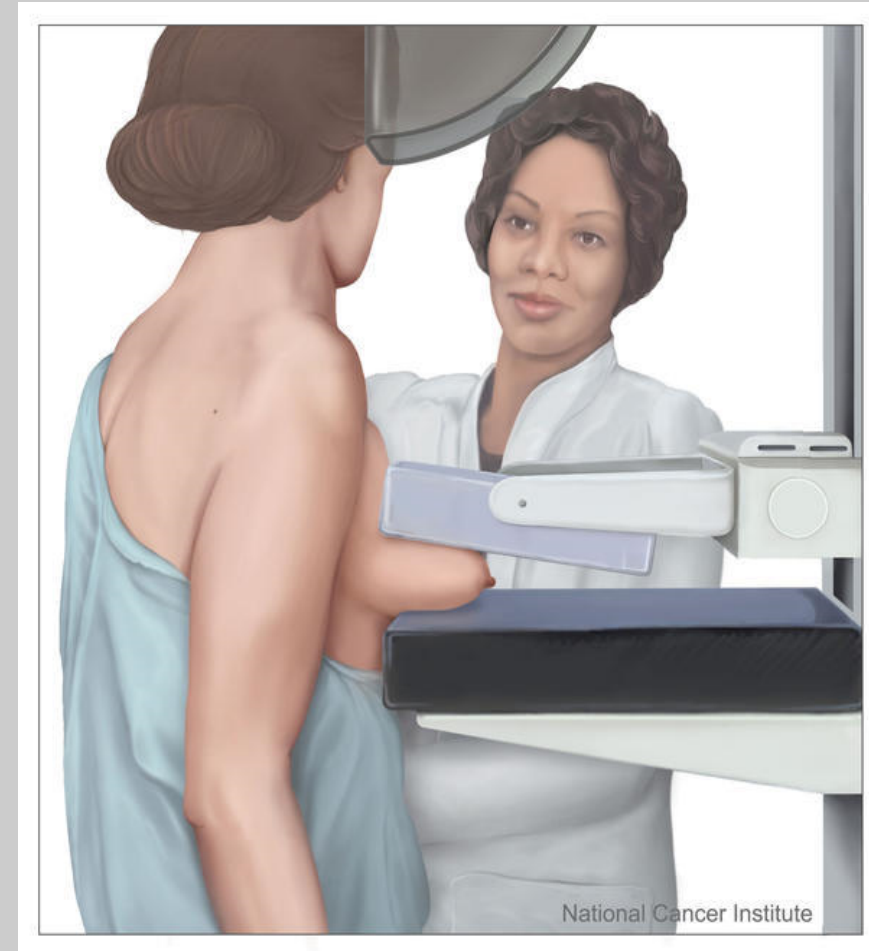
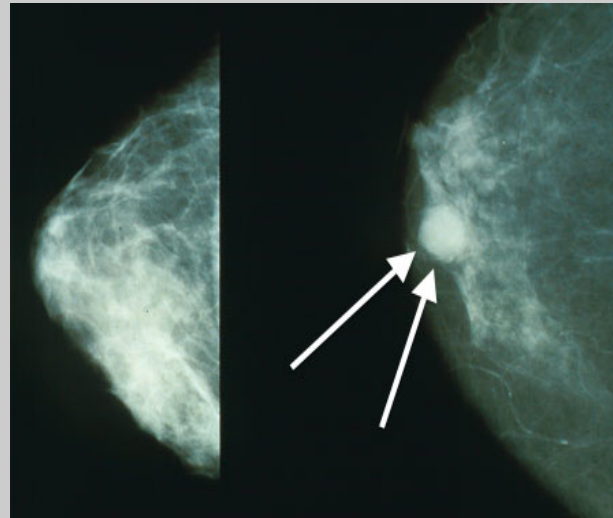
- **Physical activity also helps to:**

1. Maintain weight.
2. Reduce the risk of other disease like diabetes, hypertension and osteoporosis.
3. Improve your mood.



Mammogram

- A mammogram is a special x-ray of the breast that can often find tumors that are too small for the doctor to feel in the clinical exam.
- Women age 40 years and older more should get mammogram every year.





Treatment of Breast Cancer

- Surgery
- Chemotherapy
- Hormonal therapy
- Biological therapy
- Radiation therapy



What Changes to Look for



Lump



Skin dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple

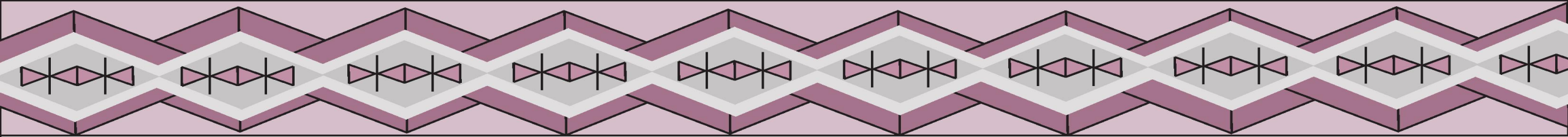


Clear or bloody fluid that leaks out of the nipple

Interactive

- Breast cancer in Somalia: <https://vimeo.com/143521118>
- Video for how mammogram work:
<https://www.youtube.com/watch?v=XlCu2KzTlfU>





Post-Session Knowledge Check





Knowledge Check 1

Breast cancer is the most common type of women's cancer.

1. True
2. False





Knowledge Check 2

Overweight women are at higher risk of breast cancer.

1. True
2. False



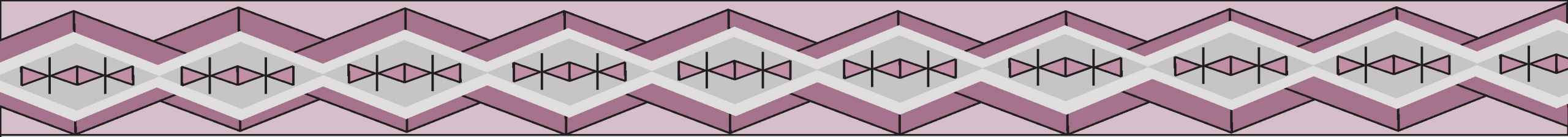


Knowledge Check 3

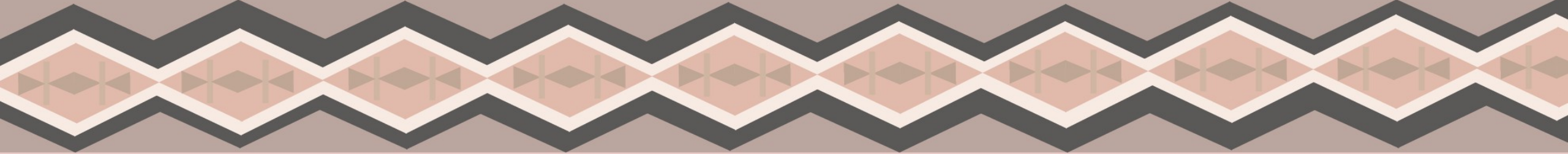
Women should start getting Mammogram at the age of 30.

1. True
2. False





Thank you..



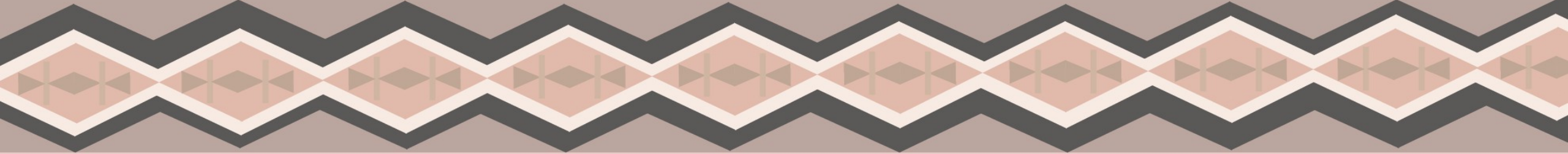
Module 6

Hepatitis C and Liver Cancer



Objectives

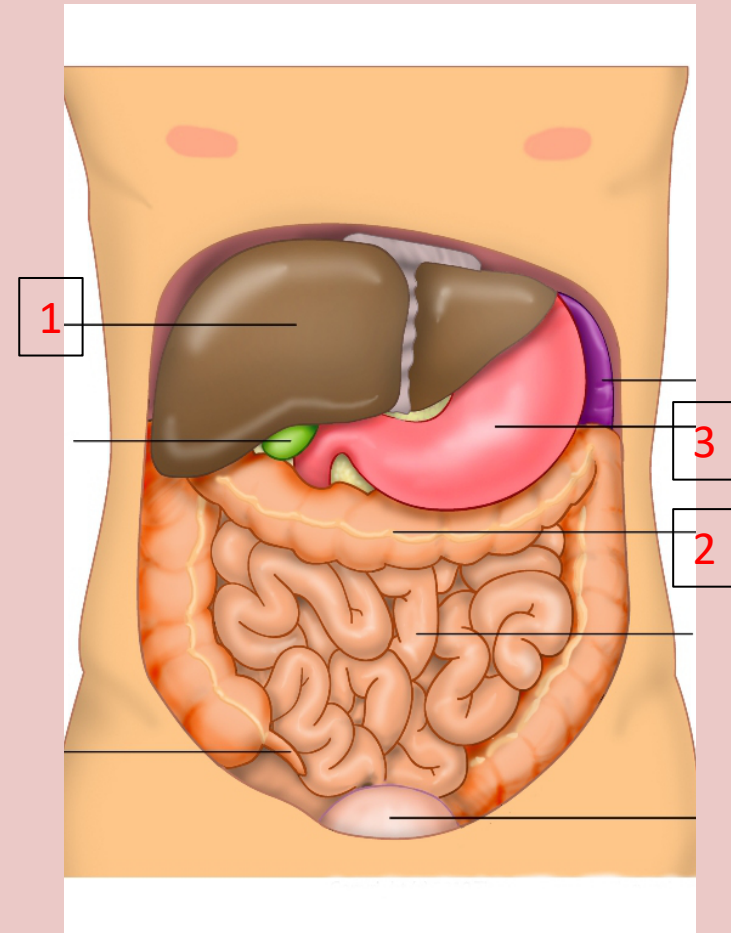
- In this session, you will learn about
 1. The liver
 2. Liver cancer
 3. Signs and symptoms of liver cancer
 4. Hepatitis C screening



Pre-Session Knowledge Check

Knowledge Check 1

Which one is the liver?





Knowledge Check 2

Liver cancer can be caused by drinking lot of soda.

1. True
2. False



Knowledge Check 3

There is a vaccine for Hepatitis B.

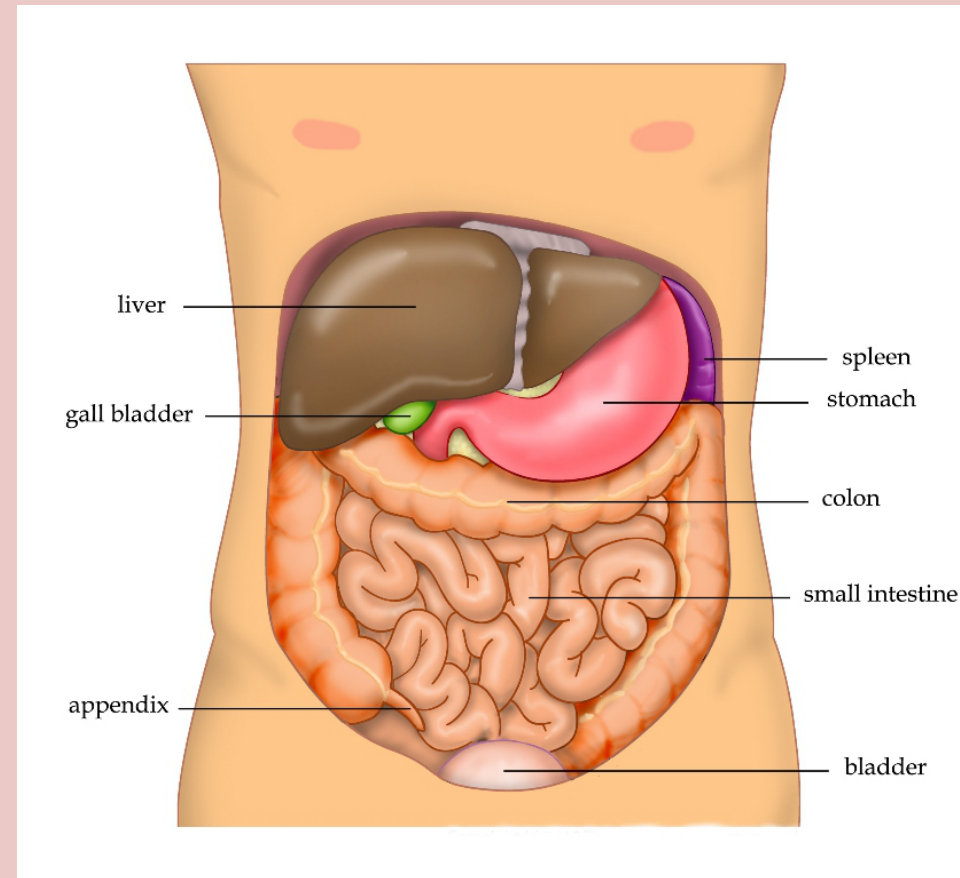
1. True
2. False

What is the Liver?

- The liver is the largest organ in the body.

Functions:

- Storing nutrients
- Removing waste from the blood
- Help in digesting food





Hepatitis

- Hepatitis is a condition when the liver becomes damaged and inflamed which affects its functions.
- It is often caused by a virus.
- It is of three types of virus:
 - a) Hepatitis A virus
 - b) Hepatitis B virus
 - c) Hepatitis C virus



Hepatitis C Virus

- A virus that is spread by blood.
- It can cause infection in the liver.
- If not treated it can cause liver cancer.
- There is no vaccine for Hepatitis C.

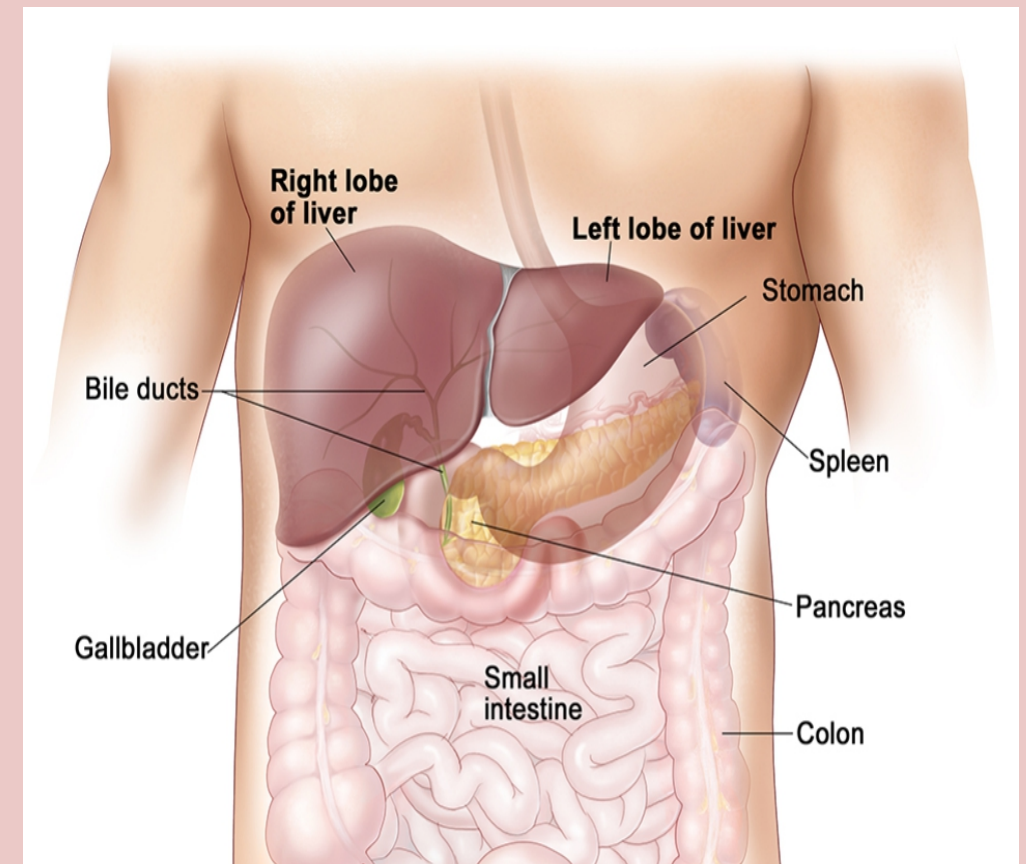


Who Should get Hepatitis C Test?

- Adults born from 1945 through 1965.
- Persons who are using injecting drugs.
- Persons who received blood transfusion.
- Persons with HIV.

Liver Cancer

- When cells in liver starts growing abnormally, it causes Liver Cancer.
- Number of people with Liver Cancers is constantly rising.



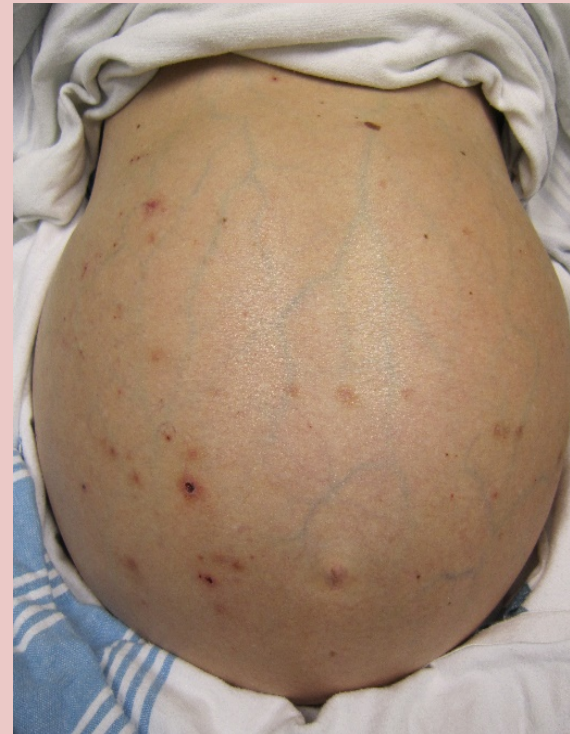


Causes of Liver Cancer

- Hepatitis B and C infection
- Heavy alcohol drinking
- Obesity
- Diabetes

Signs of Liver Cancer

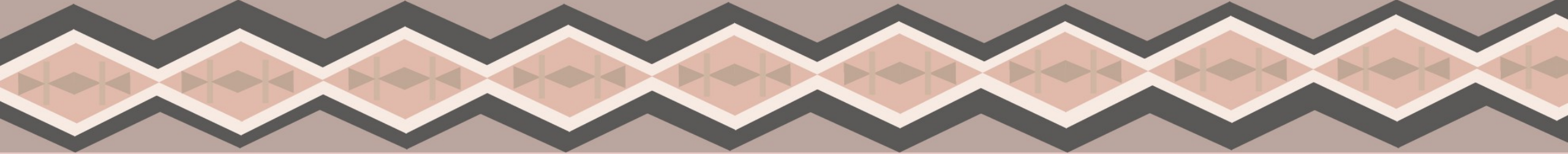
- A swollen abdomen.
- A hard lump on the right side just below the rib cage.
- Jaundice (yellowing of the skin and whites of the eyes).
- Weight loss for no known reason.





How can I Reduce my Risk for Liver Cancer?

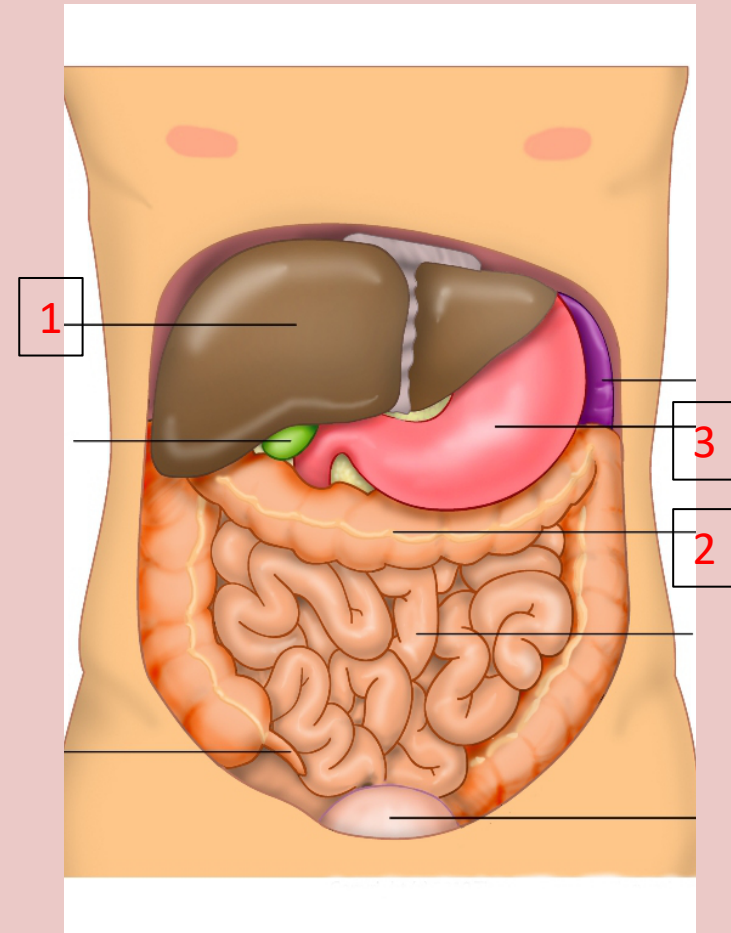
- Get vaccinated against Hepatitis B infection.
- Get tested for Hepatitis C, and get treated if you have it.
- Avoid drinking too much alcohol.



Post-Session Knowledge Check

Knowledge Check 1

Which one is the liver?





Knowledge Check 2

Liver cancer can be caused by drinking lot of soda.

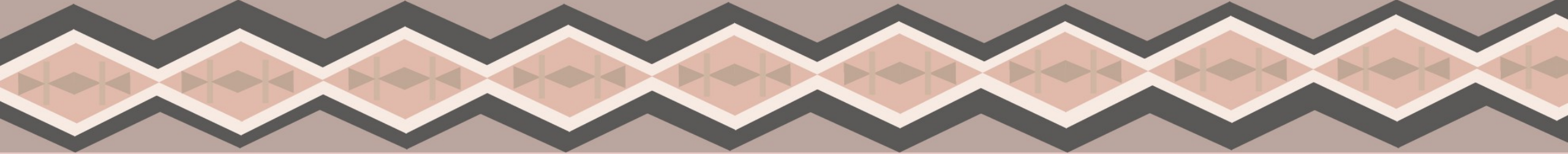
1. True
2. False



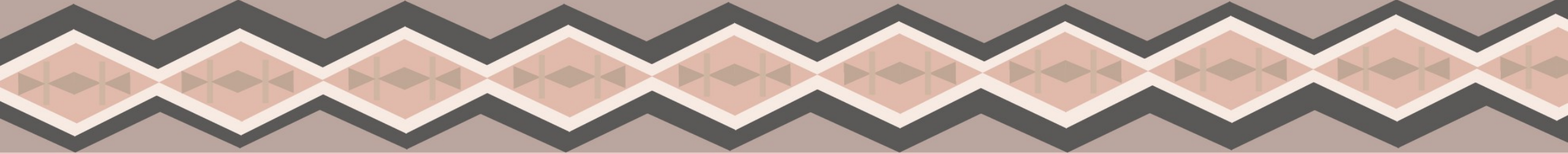
Knowledge Check 3

There is a vaccine for Hepatitis B.

1. True
2. False



Thank you..



Module 7

Preparing for a doctor's visit



Objectives

1. Preparing for doctor's visit.
2. How to make your clinic visit successful.
3. Discussion of common mistakes patients do and how to avoid them.

Preparing for a doctor's visit

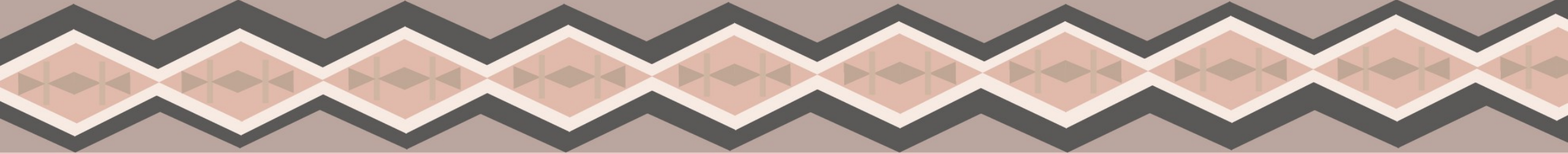
- Prepare your body
- Prepare your mind
- Bring a friend



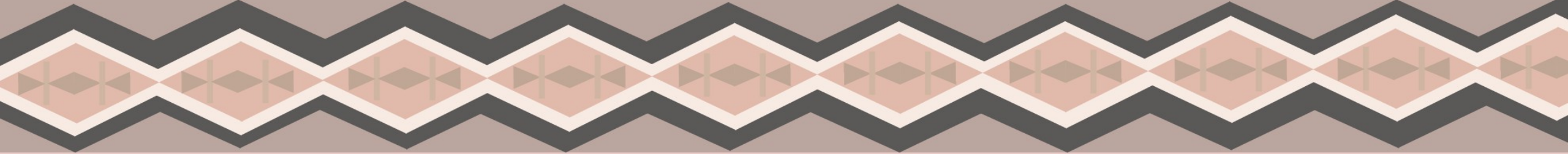


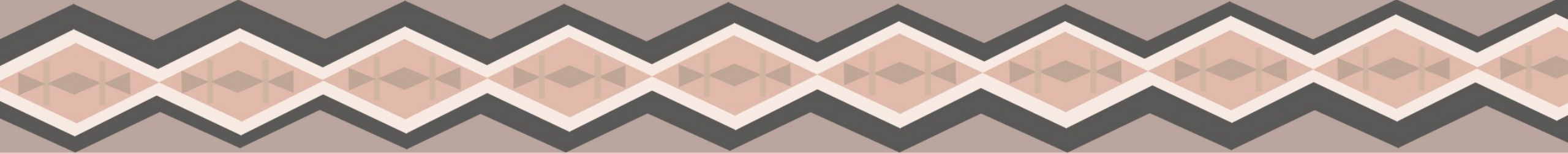
At the clinic

- Arrive at least 15 minutes before your appointment.
- Listen carefully to the doctor and interpreter.
- Clearly explain to the doctor your concerns.
- If there is something you don't understand make sure to ask your doctor to explain it once again.
- Before you sign any paper make sure you understand what is it for.



How to make an appointment for Pap Smear





Annual Wellness visit

What is annual wellness visit?

How to make an appointment for it

During your wellness visit



Scenario 1

Doctor: Good morning Fatima, how are you doing today?

Fatima: I am fine thank you.

Doctor: What brought you to the hospital today?

Fatima: I had an appointment today...

Doctor: Do you have any particular health concern?

Fatima:

Doctor: Well, let me take some vitals first.



WHY??

- Why do you think Fatima did not tell the doctor about her concern?
- What do you think Fatima could have done before the appointment to prepare?
- If you need an interpreter, it is your right to ask for one.



Scenario 2

Doctor: Aasiya, you are 21 years old and at this age we recommend that all women get a Pap smear to screen for cervical cancer. Would you like me to schedule an appointment for you?

Aasiya: No.

Doctor: Would you like more information about Pap Smear?

Aasiya: No.

Doctor: Do you have any concerns about doing a Pap Smear?

Aasiya: No.



WHY??

- Why do you think Aasiya did not agree to make an appointment for pap smear?
- If you were Aasiya, what would you have said or done?
- Are you interested in getting Pap smear? Why? Why not?



Scenario 3

After the doctor examined Fatima and left the room...

Nurse: OK, I hope you will feel better soon. Do you have any questions for me?

Fatima: I heard about cervical cancer screening.

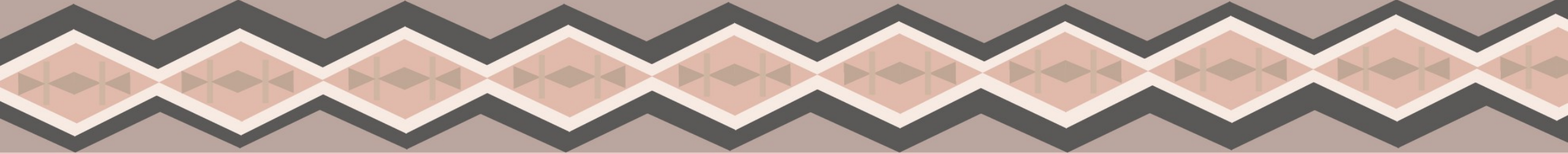
Nurse: Yes, you should be getting Pap smear soon.

Fatima: Can I make sure that I get a female doctor for this?

Nurse: Of course.

Fatima: And how should I prepare for this exam?

Nurse: Let me show you this pamphlet and explain the procedure for you.



Thank you..