

STORYBOARD BASED ON HEALTH LITERACY ABOUT BREAST CANCER TO INMATE WOMEN

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Background

- The prison environment is a place prone to the existence of chronic degenerative and communicable diseases.
- Interventions related to the encouragement of their own care and health protection need to be implemented.
- These interventions must be developed with an appropriate methodology for women from disadvantaged social classes and with low education.
- The fundamentals of health literacy become important tools to assist in the preparation of materials to be used during interventions to promote the health of inmate women.

Objective

- To build two educational storyboards based on health literacy with a focus on breast cancer prevention, for presentation to inmate women.

Methods

- Study type: technology development.
- Target audience: inmate women in a women's prison located in the northeast of Brazil.
- Choice of the subject: they reported an interest in knowing more about breast cancer prevention.
- Source of the informations: World Cancer Research Fund International and the National Cancer Institute from Brazil.
- Images: free to use and selected in the Canva Pro app, which was used to create the storyboard. Some photos were produced by the authors themselves.
- Elaboration of the script: followed the fundamentals of health literacy (Suitability Assessment of Materials - SAM).

Results - Storyboard 1

Flesh index (Portuguese): 81,3 – VERY EASY

SAM – 97,2%
Superior Material

Flesh index (Portuguese): 64,96 – EASY



Did you know that breast cancer is what appears most in women? And that it is the one that also what causes the most death in women? Yeah. He is. Because of this, it is very important to know how to prevent yourself.



Then you ask yourself: **what can I do to avoid breast cancer?** Well, there are some things we can do to prevent this disease.



Some things we can change, because they depend on our will. Others are of the nature, we cannot change. But if we change what we can, it helps a lot. **What things cannot be changed?** Let's talk about only 3 of them, the main ones.



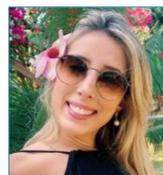
THE FIRST IS OUR AGE. The older we get, the greater the chance of having the disease. This chance of having the disease begins to increase mainly after the age of 55.



THE SECOND IS THE COLOR OF OUR SKIN. Black women are more likely to get breast cancer than other women



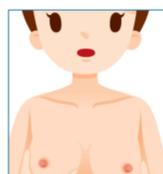
THE THIRD IS IF WE HAVE RELATIVES WITH BREAST CANCER, MAINLY IF IT IS OUR MOTHER OR SISTER.



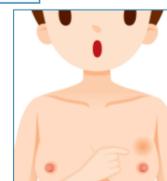
If we can't change these 3 things, let's see what we can change. Let's talk about getting to know our breasts. We will also talk about tests that can help prevent the disease.



It is important to look at our breasts to see if there are any change in them. Look in the mirror and see size, color and the skin of the breasts.



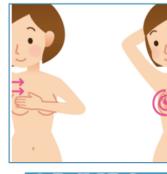
Is the size of the two breasts similar? If they have very different sizes, something may be happening. Look for the health professional. What if they are different in size and have always been like this? So there is no problem. The important thing is to observe the changes.



Is the color of the two breasts the same? Observe if they are getting a different color, especially with reddish parts. If this happens, contact your health care professional.



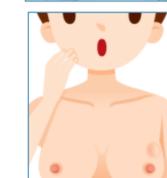
Is the skin on both breasts the same? The breast skin is usually thin and light in color. See if the skin on one breast or both breasts is thicker. See if the skin is too dry. If this happens, look for a health professional.



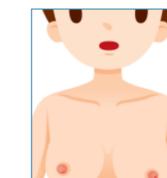
It is also important to examine our breasts. Put your hand on your breasts while bathing. Or when changing clothes. Or anytime you want. Feel each breast. Do this at least once a month. If you notice any changes, look for a health professional..



WHAT KIND OF CHANGE?



It can be a lump. One of the breasts may be stiffer.



Some liquid may be coming out of the breast. It could be anything you haven't seen before.

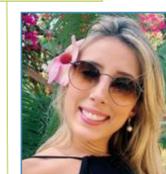


And which test can help prevent breast cancer? Women over 50 should have a test called a mammography. It's like an X-ray of the breasts. This exam must be done every two years



This is true even if you haven't seen any changes in your breasts. If there is a change that you have not seen, this exam will show. It is another way to avoid the disease.

Well, that's it for today, guys. We saw that it is important to know our breasts and have a mammogram. In the next video, we will see other ways to prevent breast cancer. If you have any questions, you can ask. Until our next meeting.



In the last video we talked about some things we can do to prevent breast cancer. Today we are going to talk about other things that are also important to prevent this disease. Let's talk about 4 things, which we consider the most important ones.



WHICH ONES?



PHYSICAL EXERCISE, WEIGHT, FOOD AND ALCOHOL



PHYSICAL EXERCISE
We should walk more and sit less. Every exercise is good. Walk. Do housework: clean, sweep, wipe, remove dust, wash dishes. Choose a song and dance the way you like. If you don't have music, dance anyway.



WEIGHT
Our weight must be healthy. What is it? We must not put on weight. Want a tip? After reaching 20 years old, avoid gaining more than 5 kg during your lifetime. Physical exercise helps not to put on weight.



DO YOU KNOW ANOTHER THING THAT HELPS YOU NOT GET FAT? A HEALTHY EATING. WHAT IS HEALTHY EATING?



An easy way to have healthy eating is the model of the dish.



AND WHAT MODEL IS THAT? in the half of the plate, you put greens and vegetables. It can be: lettuce, cabbage, carrot, jerimum, tomato, onion, gherkin. Any type. In this half do not put potatoes, potatoes sweet, yam or cassava.



In the other half of the plate, in one part you put the rice and the beans, and in the other part the chicken or meat or fish.

Results - Storyboard 2



Instead of rice and beans, you can add pasta or potato or sweet potato or yam or manioc. Choose what you most like , but do not exceed the part of the plate that can put this kind of food. You should choose only one of these foods per meal.



To get even healthier, vary the foods. Choose greens and vegetables of various colors: red, yellow, green and dark green. Do not overfill the dish.



EAT 2 TO 3 FRUITS OR SLICES OF FRUIT A DAY.



Do you know what happens if you always eat this amount and variety that we talked about? You do not gain weight and avoid breast cancer.



Then you ask me: **IS THERE ANY FOOD THAT INCREASES THE RISK OF BREAST CANCER?** Yes, there is.



Avoid eating stuffed cookies, packaged snacks, sweets and a lot of sugar. Avoid drinking soft drinks and packaged or bottled juices. Avoid eating fatty foods. These foods are our enemies in the fight against cancer.



WHAT ABOUT ALCOHOLIC BEVERAGES? Alcoholic beverages have been found to increase the risk of cancer. Even if it's a small amount. So what should we do? Let us not drink any alcoholic beverages.



That's all for today, folks. We saw that it is important to do the exercise, maintain a healthy weight, have a healthy diet and do not drink alcohol.

Conclusions

- Both storyboards meet the fundamentals of health literacy and can advance to the production phase.