



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...

"We as a society have to overcome the mentality that breast cancer is a disease of older women.

All women need to take an active role in their physical health and to ensure that they are being adequately screened.

Shanna was a special friend of mine and her illness will be a great influence on how I practice medicine in the future."

Dr. Heather Badalato, MD

"All women, irrespective of age, should know the signs and symptoms of breast cancer. One death is too many."

Judi DeBoeck, RN, Public Health Nurse

"Cancer is the number one cause of premature death for young women in Canada.

Breast cancer awareness can help to increase early detection and help save young women's lives."

Stacey Suffel, MA, Research Assistant

"As athletes we are highly conscious of our fitness and always strive to be our best, but that's not always enough. Shanna's story reminds us to be conscious not only of our fitness but also of our mental and physical health. Through Shanna's memory we are inspired everyday with strength, happiness and thankfulness and to give our all both on and off the water."

Team 888, Canadian Olympic Sailing Team
Kelly Hand, Deirdre Crampton, Chantal Léger



for more information contact
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The Team Shan Community Project is in memory of Shanna (Shan) Larsen who was only 24 when she lost her life to breast cancer. The logo and sunflower graphics were created from Shan's original artwork.



*not just a disease
of older women*

Breast cancer in young women (15-39 years of age)

facts

facts

- ▶ over 400 young women (15-39 years of age) are diagnosed with breast cancer every year in Ontario
- ▶ about 60 young women with breast cancer will die every year in Ontario
- ▶ the incidence for young women (15-39 years) is increasing in Ontario
- ▶ 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
- ▶ early detection saves lives

symptoms

symptoms

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



help

self help

- ▶ choose a healthy lifestyle (www.cbcf.org/reduceyourrisk)
- ▶ know your body and watch for changes
- ▶ become breast aware and learn how to examine/check your breasts regularly (www.teamshan.ca)
- ▶ have a routine clinical breast exam performed by a trained professional (i.e. doctor, nurse practitioner)
- ▶ obtain medical attention for any breast cancer symptom
- ▶ obtain medical attention for any persistent symptom that may indicate the spread of breast cancer
- ▶ ask the doctor “**Could this be cancer?**”



risk factors

- ▶ born in North America or Northern Europe
- ▶ belong to a higher socio-economic class
- ▶ early onset of menstruation (before 12 years)
- ▶ use of birth control pills

- ▶ drinking alcohol
- ▶ physical inactivity
- ▶ smoking tobacco
- ▶ unhealthy weight

- ▶ strong family history (mother, sister)
- ▶ high levels of radiation exposure to the chest
- ▶ history of benign breast disease
- ▶ never breastfeeding

