

“Breast screening is still the best tool we have for diagnosis. However for those outside of the 45-69 age range, self-awareness is crucial. If you feel something is not right, follow your gut instinct.”

Mrs Ros Pochin
General and Breast Surgeon, Nelson Hospital










“By creating personal plaster casts for art exhibitions around the country, we hope women will be encouraged to take a hands-on approach to monitoring their breasts.

We are all shapes and sizes, but regardless of our differences, we all need to be vigilant.”

Billy Kerrisk, Rural Women New Zealand,
creator of the Let's Get Plastered for Breast Cancer project

Facts you may not know

-  In New Zealand breast cancer is the most common cancer in women and the leading cause of cancer deaths in women.
-  In New Zealand one in nine women will develop breast cancer during their lifetime.
-  90-95 percent of women who get breast cancer have no family history of the disease.
-  Of those women who get breast cancer, three quarters are 50 years of age and over.
-  Over 600 women die from breast cancer in New Zealand each year.
-  Screening mammograms do not stop you getting breast cancer, but do reduce your chance of dying from breast cancer by approximately 33%.
-  Maori women have a breast cancer death rate of at least double that of non-Maori women. One reason for this is breast cancer in Maori women is picked up at a later stage.

Remember, early detection saves breasts, and lives

BreastScreen Aotearoa 0800 270 200
www.nsu.govt.nz

Rural
Women
NEW ZEALAND

PROUD
COMMUNITY
SUPPORTER

THE NEW ZEALAND
BREAST CANCER
FOUNDATION

Let's get plastered for breast cancer!

It's simple! Use this plaster coated bandage to make a plaster cast of your bust. If you wish, this can then be part of an anonymous exhibition Rural Women New Zealand is holding in your area to raise awareness of the importance of breast self-examination, and to support the Pink Ribbon Appeal.



Let's get plastered!

Instructions

You will need:

- One hour in a warm room
- A friend, partner, sister, mother or 'significant other' to apply the plaster bandage
- A drop sheet and an old towel
- Scissors and vaseline/balm
- A container of warm water



Why not get a group of friends or workmates together and have a Let's Get Plastered for Breast Cancer party? Have fun with your friends and support a good cause at the same time!

1. Cut the entire plaster bandage supplied with the pink plastering kit into strips of a ruler length (30cm) and half the width of the bandage. You will need some smaller strips, particularly for the nipples. Keep the scissors handy!

2. Coat your breast area in vaseline (or similar) using your armpits as a top line and go down to wherever gravity has taken your beautiful breasts!

3. Now for the fun part - Let's Get Plastered! Sit upright on the drop sheet and cover your lower half with the old towel.

4. The first two long strips of bandage form an 'X' between the breasts from under the left breast across to where your right bra strap would be, and from under the right breast to where the left bra strap would be. It is this cross that holds it all together and can be used to hang the finished cast.

5. So taking a long strip, your assistant dips the first bandage in the water and lays it diagonally on the chest, then a second long diagonal piece to form a cross.

6. Working very quickly, and being careful to smooth out each strip, build up a layer of bandage over the whole bust. The edges do not need to be neat. Take care to define the creases.

7. Add a second layer in the same way as the first. The cast hardens very quickly and you will need to check for thin spots and patch them. As the cast hardens, you will feel it lifting away from your skin. Do not hurry this process, or your cast may collapse.

8. When you are satisfied that you have a good covering of two to three layers, peel the cast carefully away from you.

9. The cast takes several days to dry out completely, so handle carefully and stash in a safe airy place ready for exhibiting, if you wish.

'Let's Get Plastered for Breast Cancer' is a Rural Women New Zealand project for Breast Cancer Awareness Month - October 2010.

Plastering kits cost \$10

- See insert for full details of your local 'Let's Get Plastered' event and where to purchase your plastering kit.
- Proceeds after costs to the NZ Breast Cancer Foundation.

For further information go to
www.ruralwomen.org.nz