



OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

This year's National Breast Cancer Awareness Month is the twentieth anniversary of this important event. The month is dedicated to raising public awareness about breast cancer, most notably the importance of detection through annual mammography in women over 40 years of age. The 3rd Friday of October each year is "National Mammography Day," which was first declared by President Clinton in 1993. This year National Mammography Day will be recognized on October 21st.

MAMMOGRAPHY RECOMMENDATIONS, FACTS AND ASSISTANCE

Age	Recommendation	Benefit
Age 40 to 49	Mammogram every 1 to 2 years, with or without clinical breast exam	May reduce risk of dying from breast cancer by 17 percent
Age 50 to 74	Mammogram every 1 to 2 years, with or without clinical breast exam	May reduce risk of dying from breast cancer by 30 percent

- Approximately one in seven women is diagnosed with Breast Cancer. Being tested is fundamental to early detection, which is the key to surviving the disease.
- Mammography typically detects Breast Cancer in its earliest, most treatable stage, approximately one to three years before a lump can be felt.
- An estimated 80% of needy women do not get the necessary tests to screen for breast and cervical cancer due to a lack of funding (American Cancer Society).

The Centers for Disease Control provides breast and cervical cancer early detection testing to women without health insurance for free or at very little cost through its National Breast and Cervical Cancer Early Detection Program (NBCCEDP). Women who are diagnosed with cancer through the program are eligible for treatment through Medicaid. The NBCCEDP is operating in all fifty states. Visit the [Centers for Disease Control website](#) for more information on your local program.

It is also important for women to perform a breast cancer self-exam. Women with a high-risk of cancer, particularly due to genetic factors, are encouraged to keep a journal in

order to keep track of changes. For more information on how to perform a self-exam visit breastcancer.org.

BREAST CANCER RISK FACTORS

The following are risk factors for breast cancer according to the National Cancer Institute:

- Older age
- Menstruating at an early age
- Older age at first birth or never having given birth
- A personal history of breast cancer or benign (non-cancer) breast disease
- A mother or sister with breast cancer and other hereditary factors
- Treatment with radiation therapy to the breast/chest
- Breast tissue that is dense on a mammogram
- Taking hormones such as estrogen and progesterone
- Drinking alcoholic beverages
- Smoking

Hereditary breast cancer makes up between 5% and 10% of all diagnoses.

Helpful Links:

[Pink October](#)

[National Breast Cancer Awareness Month](#)

[American Cancer Society](#)

[BreastCancer.org](#)

[National Cancer Institute](#)

[U.S Food and Drug Administration](#)

[Department of Health and Human Services](#)