

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

October 2, 2019 | Knowing your risk for breast cancer is critical for early detection and prevention. October is National Breast Cancer Awareness Month and District Health Department #10 (DHD#10) is using the whole month to educate the public on this dreadful disease.

A women's risk for breast cancer increases as she gets older. A personal or family history of breast cancer also increases the risk, as does extremely dense breast tissue, which can mask or hide breast cancer.

In Michigan during 2019, it is estimated that 9,310 new cases of breast cancer in women and 1,410 deaths from the disease will have occurred.

Two important ways to limit your risk for breast cancer include:

1. Getting regular breast cancer screenings. The United States Preventive Services Task Force, the National Comprehensive Cancer Network, and the American Cancer Society recommend:
 - a. Women should be able to start screening as early as age 40, if they want to. It's a good idea to start talking to your health care provider at age 40 about when you should begin screening.
 - b. Women who are more at risk should begin screening at age 40.
 - c. Women with an average risk of breast cancer – most women – should begin yearly mammograms by age 45. All women should begin mammography screening by age 50 at the latest.
 - d. Breast exams, either from a medical provider or self-exams, are no longer recommended.
2. Incorporating healthy behaviors in your life, including:
 - a. Increasing physical activity
 - b. Quitting smoking
 - c. Maintaining a healthy weight
 - d. Limiting alcohol intake

To find out more about healthy lifestyles and breast cancer prevention and screening, talk with your health care provider or local Health Department. You can also visit <http://www.dhd10.org/men-women/cancer-screening/> or call 888-217-3904 for more information on DHD#10's very own Breast and Cervical Cancer Screening program.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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