

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

October 19, 2020- According to the National Breast Cancer Foundation, 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. This equates to a breast cancer diagnoses approximately every two minutes.

October is National Breast Cancer Awareness Month and District Health Department #10 (DHD#10) urges women to be aware of their personal risk factors for the disease.

Knowing one's personal risk for breast cancer is critical for early detection and prevention of the disease. Risk factors can include aging, a personal or family history of breast cancer, dense breast tissue as well as many others.

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

1. Scheduling regular breast cancer screenings. It is recommended that:
 - a. Women should start talking to their health care provider about breast cancer screenings as early as age 40.
 - b. Women who are more at risk should begin screenings at age 40.
 - c. Women with an average risk of breast cancer – most women – should begin screenings by age 45.
 - d. All women should begin screenings at the latest, by age 50.
2. Incorporating healthy behaviors into everyday life, including:
 - a. Increasing physical activity
 - b. Quitting smoking
 - c. Maintaining a healthy weight
 - d. Limiting alcohol intake

To learn more about DHD#10's FREE Breast and Cervical Cancer Screening Program (BC3NP) or to schedule an appointment, please call 888-217-3904 or visit <http://www.dhd10.org/men-women/cancer-screening/>

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 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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