



October is Breast Cancer Awareness Month:

Schedule your Annual Mammogram Today!

All women are at risk for breast cancer and even a few men will get breast cancer. Breast cancer is a disease in which the cells of the breast become abnormal and grow out of control. The result is a tumor, or mass of extra cells that can be “benign” (not cancerous) or “malignant” (cancerous). Malignant cells can spread to other parts of the body. Symptoms of breast cancer may be a new lump or a change in a lump in the breast. The size or shape of the breast may change. There may be pain in the breast or nipple. The skin may be flaky, red or swollen. It is important to talk to your healthcare provider if you have any of these symptoms.

The Mammogram is the best test to find breast cancer early. Treatment for breast cancer is most effective when it is found early. Staying healthy by exercising regularly, maintaining a healthy weight and limiting alcohol intake can help lower your risk of breast cancer. Factors that increase the risk of breast cancer include: having close relatives who have had breast cancer, having been treated with radiation to the breast or chest, using hormone replacement therapy for a long period. For low cost mammograms contact your local hospital. Most importantly, know your body, recognize changes and get regular health exams.