

NEWS RELEASE

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For Immediate Release

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National Breast Cancer Awareness Month

Southwest Nebraska Public Health Department (SWNPHD) recommends getting regularly scheduled cancer screenings to raise the chances of early detection and make treatments easier and less expensive. October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer, and a good time to discuss screening with your doctor.

According to the Centers for Disease Control and Prevention (CDC):

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Except for skin cancer, breast cancer is the most common cancer in U.S. women and remains the second leading cause of cancer death among women.

When breast cancer is detected early, and is detected in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms. Women should talk with their doctors about when to start and how often they should have mammograms.

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) funds state programs to provide free breast and cervical cancer screening programs for medically underserved women. Every Woman Matters in Nebraska will pay for screenings for women who are uninsured and meet income requirements.

There are other things you can do to lower your risk of breast cancer including:

- Eating fruits and vegetables.
- Doing regular physical activity.
- Decreasing alcohol intake.
- Prioritizing relaxation and getting enough sleep.
- Understanding your risk factors and talking with your doctor.

To get more information or sign up for the Every Woman Matters program contact Lori at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223; one number three locations, McCook, Imperial, and Ogallala.

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