



NIAGARA COUNTY DEPARTMENT OF HEALTH
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OCTOBER MARKS BREAST CANCER AWARENESS MONTH

Cancer Services Program of Niagara County Urges Women to Get Screened for Breast Cancer; Early Detection Key to Effective Treatment

October is National Breast Cancer Awareness Month, and the Cancer Services Program of Niagara County is urging women aged 40 and older to learn about their risk and talk to their health care provider about getting screened for breast cancer. All women, aged 40 and older, should get a mammogram every one to two years, with or without a clinical breast examination. When breast cancer is detected early, 97% of the cases can be effectively treated.

Breast cancer is the second leading cause of cancer-related death among women in New York State, after lung cancer. Last year, about 14,000 women in New York State were newly diagnosed with breast cancer, and more than 2,900 women died from the disease.

Although the causes of breast cancer are still unknown, the following factors may increase a woman's risk for breast cancer:

- Advancing age
- Being younger when you had your first menstrual period
- Starting menopause at an older age
- Never giving birth or delayed giving birth to first child until age 30 or older
- Not breastfeeding
- Having a personal or family history (on the mother's or father's side of the family) of breast cancer, or carrying certain gene mutations such as BRCA 1 or BRCA 2
- Being overweight or obese
- Being sedentary
- Having a history of radiation exposure to the chest
- Taking hormone replacement therapy for an extended period of time.

The Cancer Services Program of Niagara County provides access to cancer screenings to uninsured women, aged 40 and older. Qualified women can receive no cost clinical breast examinations and mammograms. Those who complete screening with the program will receive a \$20 Walmart gift card

Please contact the Cancer Services Program of Niagara County at 215-0553 for more information.