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FOR IMMEDIATE RELEASE

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October is Breast Cancer Awareness Month

Woodsville, N.H.— Did you know that one in eight women will be diagnosed with breast cancer annually? That's one woman every three minutes. Breast cancer is the second leading cause of death in women, exceeded only by lung cancer.

According to the American Cancer Society, breast cancer is the most common cancer among American women, except for skin cancers. Common risk factors for breast cancer are: gender, age, personal history, family history, genetic factors, and childbearing and menstrual history. The risk of developing breast cancer increases for women whose parent, sibling, or child have had the disease.

Early detection is key in the treatment of breast cancer. Mammography, an x-ray of the breast, is the most important screening test for breast cancer and can detect cancer up to two years before the tumor can be felt by you or your doctor. Women age 40 or older who are at average risk of breast cancer, should have a Mammogram once a year. A Clinical Breast Exam is recommended every three years for women in their 20s and 30s, and once a year for women in their 40s. During this exam, your doctor will check for changes in the size or shape of your breasts, skin changes, including rashes, dimpling, or redness, and any other abnormal changes, such as lumps or discharge from the nipple.

Starting at age 20, monthly Breast Self Exams should be done on a regular basis. This will help you become familiar with your breasts so that you will notice any changes that may occur. These exams should not replace regular Mammograms and Clinical Breast Exams.

During the month of October we will be providing pink carnations and a gift bag for all patients having a mammogram. There will also be a display of breast cancer awareness literature available for the public. Please join Cottage Hospital in the fight to help prevent Breast Cancer.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of its services please visit our website at www.cottagehospital.org

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