



# Dickinson-Iron District Health Department

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## Dickinson County

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### IMMEDIATE RELEASE

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### **Women, Think About Your Friends and Family!**

Kingsford, Michigan, September 30, 2008 - Now imagine one of them being diagnosed with breast cancer. In the United States it is estimated that one in eight women will be diagnosed with breast cancer every year. Breast cancer is the most common cancer that affects women other than skin cancer. It is estimated that 182,460 women will be diagnosed with breast cancer in the United States this year. Of these, one in 35 or 40,480 women will die from this disease.

Early detection is very important when it comes to breast health and prevention. Two important practices include monthly self-examinations after age 20 and yearly mammograms after age 40. Following a low-fat diet, regular exercise and being a nonsmoker may also reduce your risk. Mammograms are the best method to detect early breast cancer and can cut related deaths by as much as one-third.

A few symptoms that may indicate breast cancer include a lump or dimple in the breast, a change in size or shape of the breast or unusual discharge from a nipple. Even when a lump is detected, eight out of 10 breast lumps turn out to be benign, or noncancerous. It is important for all women to take care of their bodies, especially when it comes to awareness and prevention of breast cancer and other diseases.

The Dickinson-Iron District Health Department has a Breast and Cervical Cancer Control Program (BCCCP) for income eligible women between the ages of 40-64. For more information on this program contact your local Health Department at 906-779-7237 in Dickinson County and at 906-265-4166 in Iron County.

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