

NEWS RELEASE:
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On-Call Media Beeper: (828-444-1149)

Pardee Offers Breast Self-Exam Instruction

(Hendersonville, N.C.) The Pardee Health Education Center now offers a monthly demonstration on the proper technique for performing breast self-exams on the first Thursday of every month from 10:30 to 11:30 a.m.

“It’s a proven fact that early detection is the key to fighting breast cancer, and performing monthly breast self-exams can help women detect breast cancer in its earliest stages,” said Jill Geis, manager of the Pardee Health Education Center. “It’s important for women to conduct the exam at the same time every month using the proper techniques.”

According to Geis, the free demonstrations are performed by a registered nurse, using silicone models, to show women the correct way to perform a breast self-exam. Registration is requested, and the next demonstration will be held Thursday, Oct. 5.

To register or for more information, call the Pardee Health Education Center at 828-692-4600.

The Pardee Health Education Center, located in the Blue Ridge Mall, is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 12,000 free and low-cost screenings to community members.

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in Henderson

County. The hospital has several locations separate from the main campus, including a 130-bed nursing facility, an adult day services center, a health education center in the Blue Ridge Mall, home care services, a sports therapy and rehabilitation facility on Thompson Street, a midwifery program, various family and internal medicine practices, and an urgent care facility. Pardee is a recipient of the 2006 HealthGrades Distinguished Hospital Award for Clinical Excellence, placing the hospital among the top 5 percent of hospitals in the U.S. for quality of care. More information is available at www.pardeehospital.org.

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