

NEWS RELEASE:

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**October is Breast Health Awareness Month
Pardee Hospital Reminds Women to Schedule Their Annual Mammogram**

(Hendersonville, NC) The Elizabeth Reilly Breast Center at Pardee Hospital reminds women over 40 to schedule their annual mammogram. Early detection is the key to fighting breast cancer, and performing monthly breast self-exams and getting annual mammograms can help women detect breast cancer in its earliest stages.

According to the American Cancer Society, one in eight women will develop invasive breast cancer at some point in their lifetime. Approximately 25 percent of breast cancers are found by self examination alone and 40 percent can be felt and seen on a mammogram. More than 70 percent of patients who develop breast cancer have no known risk factors other than being female.

Good breast health is a three-step approach that includes self-exams, clinical exams and mammograms. It is recommended that women receive a yearly clinical breast exam and yearly mammograms after age 40. Women should also perform monthly breast self-exams. Many risk factors for breast cancer such as being female and age cannot be changed. Risk factors that can be changed include limiting alcohol intake and increasing activity.

Free, one-on-one, breast self-examination education is offered monthly at the Pardee Health Education Center by a registered nurse. Learn the symptoms of breast cancer and the correct method for performing monthly breast self-exams using silicone models. Call (828) 692-4600 to make an appointment.

To schedule your annual mammogram at the Elizabeth Reilly Breast Center at Pardee, call (828) 698-7979.

The Elizabeth Reilly Breast Center is a division of the Comprehensive Cancer Center at Pardee, Henderson County's only Comprehensive Cancer Program accredited by the American College of Surgeons Commission on Cancer. The center offers a full range of advanced treatment and diagnostic services, close to home, performed by highly qualified cancer specialists. Services include surgery, medical oncology, radiation oncology, advanced radiology and laboratory diagnostic support and clinical treatment trials. Community education programs, cancer screenings, support groups and holistic patient and family support are also available.

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