

PRESS RELEASE:

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Pardee Breast Care Navigator to dispel breast cancer myths

(Hendersonville, N.C.) In honor of National Breast Cancer Awareness Month, Kristy Capps, RN III, BSN, breast care navigator with the Pardee Elizabeth Reilly Breast Center, will dispel some of the myths women may have heard about breast cancer during a free presentation on Wed., Oct. 7, from 12:30 p.m. until 1:30 p.m. at the Pardee Health Education Center.

Capps will provide attendees with the facts about breast cancer prevention, exams, detection and treatment.

“It’s important for all women to be aware of the facts about breast cancer. There are many misconceptions passed down from woman to woman unknowingly. The information in this presentation could be life-saving for you or someone you know,” said Capps.

Free, one-on-one, breast self-examination education will also be available following the presentation by a registered nurse. Participants will learn the symptoms of breast cancer and the correct method for performing monthly breast self-exams using silicone models.

Registration for this free presentation is required by calling 1-866-790-WELL (9355).



Capps also reminds women over 40 to schedule their annual mammogram during the month of October – National Breast Cancer Awareness Month – and they will receive a free gift from Pardee Hospital. 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. Women can schedule a mammogram by calling (828) 698-7979.

According to Capps, 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.

The Pardee Health Education Center 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 10,000 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 an adult day services center, a health education center in the Blue Ridge Mall,





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www.pardeehospital.org

home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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