



## **Breast Cancer Awareness**

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

October is National Breast Cancer Awareness Month. Cloud County Health Center encourages all women to schedule their annual mammograms.

It is important for women to practice the elements of good breast health. It is suggested women:

- Obtain regular mammography screening starting at the age of 40.
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Talk to your physician if you have any symptoms or changes in your breast.

If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further, up to 30%.

Cloud County Health Center recently acquired a LoRad Platinum IV mammography system that offers state-of-the-art technology for women in north central Kansas. Schedule your annual mammogram by contacting CCHC Radiology at 785-243-8447.