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CITY OF HARTFORD MARKS OCTOBER AS BREAST CANCER AWARENESS MONTH

---MEDIA AND COMMUNITY ADVISORY---

The City of Hartford Department of Health and Human Services marks October as Breast Cancer Awareness Month by promoting all community efforts to educate and provide screening services for Hartford residents.

Carlos Rivera, Director of the Department of Health and Human Services states “Early detection of breast cancer saves many thousands of lives each year, and many more lives can be saved by educating our residents, promoting access to screenings and encouraging healthy lifestyle choices.”

The risk factors for breast cancer include:

- **Age** – 94% of new cases occur in women over 40 years old
- **Family History** – The risk increases if a mother, sister or close relative have or had breast or ovarian cancer
- **Personal History** – If the patient had breast cancer in the past
- **Race and Ethnicity** – White women are more likely than Hispanic, African American, Asian or Native American women to be diagnosed with breast cancer. However, African American women are more likely than other racial and ethnic groups to die from it
- **Hormone Replacement Therapy** after menopause increases the risk for breast cancer
- **Not Having Children** – Or having children in your 30's – 40's increases the risk

You can lower your chances of getting breast cancer by:

- **Eating Healthy** -- more fruits and vegetables; more seafood, chicken, and turkey and less beef, veal, pork, luncheon meats and fried foods.
- **Get Active** -- at least 10 minutes a day, walk, ride a bicycle, climb stairs, aim for a healthy weight
- **Limit Alcohol and Smoking** -- do not have more than 1 alcoholic beverage a day, do not smoke.

If you have cancer, detecting it early is your best line of defense:

- Remember your monthly self breast exam
- Get a clinical breast exam by a doctor or nurse
- Have a Mammogram annually if over 40

Two the most effective programs that are available to help are:

Hartford Hospital Mobile Mammogram Program -- See attached schedule or visit www.harthosp.org

The Connecticut Breast and Cervical Cancer Early Detection Program -- offers a free pap smear, breast exam, and a mammogram every year for women over 40. Visit them at www.ct.gov/dph or call 860-509-7804.

For more information, visit the Hartford Comprehensive Control Task Force at www.hartfordcancer.org