



Clinton County Health Department

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Public Health
Prevent. Promote. Protect.

“Working Together for a Healthier Community”

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Clinton County Health Department Press Release "Breast Cancer Awareness" October 1, 2009

OCTOBER MARKS BREAST CANCER AWARENESS MONTH

The Cancer Services Program of Clinton County Urges Women to Get Screened for Breast Cancer; Early Detection Key to Effective Treatment

October is National Breast Cancer Awareness Month, and Lisa Marlow, Senior Public Health Educator, for the Cancer Services Program today urged all women to learn about their risk and talk to their health care provider about getting screened for breast cancer. "All women, aged 40 and older should get a mammogram every one to two years, with or without clinical breast exams to protect their health," Marlow said. "Today, thanks to early detection and treatment advances, women are surviving breast cancer and living longer, healthier lives. When breast cancer is found early, 97 percent of the cases can be effectively treated."

Breast cancer is the second leading cause of cancer-related death among women in New York State, after lung cancer. Last year, about 14,000 women in New York State were newly diagnosed with breast cancer, and more than 2,900 women died from the disease.

Although the causes of breast cancer are still unknown, the following factors may increase a woman's risk for breast cancer:

- advancing age
- being younger when you had your first menstrual period
- starting menopause at an older age
- never giving birth or delayed giving birth to first child until age 30 or older
- not breastfeeding
- having a personal or family history (on the mother's or father's side of the family) of breast cancer, or carrying certain gene mutations such as BRCA 1 or BRCA 2
- being overweight or obese
- being sedentary
- having a history of radiation exposure to the chest
- taking hormone replacement therapy for an extended period of time

"Having one of these risk factors does not mean that you will be diagnosed with breast cancer," said Marlow. "Many women who are diagnosed with breast cancer do not have any risk factors or unusual symptoms. Women who are concerned about their risk of

breast cancer should talk to their health care provider. Women with a personal or family history of breast cancer might also consider genetic counseling.”

Although there is still much to be learned about the causes of breast cancer, there are many ways men and women can live a healthy lifestyle and help improve outcomes related to cancer. These include not smoking and avoiding second-hand smoke, making healthy food choices, getting regular physical activity, maintaining a healthy weight, and getting recommended cancer screenings.

There is a program in Clinton County that provides access to cancer screenings to uninsured women, aged 40 and older. There are also programs that offer support or legal services to women with breast cancer and their families.

Please contact the Cancer Services Program of Clinton County in your community at 518-562-7112 for more information or to schedule an appointment. You can also visit the Clinton County Health Department web site at www.clintonhealth.org for more information.

You can also visit <http://www.nyhealth.gov/nysdoh/cancer/center/partnerships/> or call 1-866-442-CANCER (2262) to locate a genetic counselor, legal services and breast cancer support programs in your community.

Endorsed by: _____

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