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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, and MCHD wants you to be educated about what breast cancer is, ways to reduce your risk, and local resources you can get connected to.

What is breast cancer? According to the Center for Disease Control and Prevention (CDC), breast cancer is a disease in which cells in the breast grow out of control. Symptoms of breast cancer can vary widely and be different for every person. Some people may not have any signs or symptoms at all. Others may have a new lump in the breast or underarm, thickening or swelling of part of the breast, change in the shape or skin of the breast, pain in the breast or nipple, and nipple discharge other than breast milk. If you have any of these symptoms or other concerns about your breasts, talk to your doctor right away. Early detection saves lives!

The American Cancer Society recommends that women age 45-54 should get mammograms every year and women age 55 and older should get mammograms every other year. You can also try to reduce your risk of breast cancer by maintaining a healthy weight, being physically active, limiting your alcohol intake, not smoking, and talking with your doctor if breast cancer runs in your family. Visit www.cdc.gov/cancer/breast to learn more.

The Southeastern Ohio Breast and Cervical Cancer Project (BCCP) can help qualified participants receive breast and cervical cancer screenings and diagnostic testing at no cost. BCCP has been serving clients from Morgan County since 1994. If you or someone you know is in need of a mammogram or cervical screening, please call (800) 236-6253.