

# SUNDAY MORNING HEALTH CORNER



## Breast Cancer Awareness

As Breast Cancer Awareness is observed in October, this is an optimal time to emphasize the importance of examination and early detection. Early detection is one of the ways of finding cancer before it spreads beyond its place of origin. Though there is no way of preventing breast cancer, there are ways to detect it early and achieve a higher rate of treatment success.

Here are three ways you can be proactive in early detection:

- **Breast Self-Exams** or Self-Awareness
- **Annual Wellness Exams** with a gynecologist or primary care physician
- **Annual Mammogram Screening** for women ages 40 and older

If you have a family history of breast cancer; you should talk to your doctor about additional screenings such as annual breast ultrasounds and genetic testing before the age of 40.



[www.balmingilead.org](http://www.balmingilead.org)

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