

October 2011...

# National Breast Cancer Awareness Month

## EARLY DETECTION SAVES LIVES!

Be sure to have a yearly mammogram and clinical breast exam, because it could save your life and increase your treatment options if you do find yourself or someone you love diagnosed with breast cancer. The goal of cancer screening is to find cancer before it starts to cause symptoms. Breast cancers that are found because they are causing symptoms tend to be more larger and more likely to have already spread beyond the breast.

Mammograms are simple breast x-rays that are quick, easy and safe. The process takes less than 30 minutes. It's 30 minutes that could save your life. American Cancer Society recommends that women age 40 and older have a mammogram every year, along with a breast exam by their doctor. For women ages 20-39, it is recommended having a mammogram and breast exam at least every 3 years.

Risk factors include gender (breast cancer mainly occurs in females, although males are not immune) and family history and genetics. Also your lifestyle, how well you eat, exercise, etc. are great factors to analyze and possibly change to help fight breast cancer.

Research is being done every day to find a cure for cancer. Donations enable a majority of the research to be done. You may donate to these foundations if so desired.

1. American Cancer Society
2. Susan G. Komen Breast Cancer Foundation

**Call your doctor today to schedule a mammogram and breast exam. Early detection is best! The earlier breast cancer is detected, the easier it is to treat.**

### Warning Signs of possible breast cancer:

- a lump in the breast
- dimpling of the breast
- changes in the skin on the breast
- spontaneous nipple discharge



### How can I prevent breast cancer?

- exercise regularly
- control your weight
- eat a balanced, nutritious diet
- limit alcohol intake

This information was provided by the American Cancer Society ([www.cancer.org](http://www.cancer.org)) and the Susan G. Komen For The Cure ([www.komen.org](http://www.komen.org))

## This page brought to you by these wonderful sponsors!

### Goodland Machine & Automotive, LLC

419 E. 19th St., Goodland • (785) 899-6628

### Wane's Carpet & Drapery

718 Caldwell Ave. • (785) 890-2505

### Gambino's Pizza

402 E. 17th St. • (785) 890-5988

### L&L Engine Service, LLC

404 E. 19th St. • (785) 899-2752

### Dinkel Collision Repair

1933 Caldwell Ave. • (785) 899-6311



### Short & Son, Inc.

Junction of Hwy. 24 & Hwy. 27, Goodland • (785) 899-2592



**NORTHWEST TECH**  
NORTHWEST KANSAS TECHNICAL COLLEGE  
NWKTC.EDU



*Changing Lifestyles*  
for a better you!  
24 HOUR WOMEN'S FITNESS CENTER  
1224 Main Ave. • (785) 890-7512



One day we hope for a...   
The Goodland Star-News  
1205 Main Avenue • (785) 899-2338





2325 Enterprise Rd., Goodland