

# October is named Breast Cancer Awareness Month

October is Breast Cancer Awareness month. Perhaps you are very aware of that and are even "super-saturated" by pink ribbons. But I want to share with you some things not everyone knows.

One in eight women will develop breast cancer in her lifetime.

Two identified gene alterations, BRCA 1 and BRCA 2, mean a woman is at high risk of developing breast cancer.

Other women who do not carry these gene alterations may be at increased risk because of family history.

Men can develop breast cancer. It is often diagnosed later in men because of denial.

There are a number of treatment options: surgery, radiation, chemotherapy, targeted treatments.

Women have become more proactive in deciding on treatment, choosing the kind of surgery they believe will give them the best outcome.

More treatment options are on the horizon.

Although insurances are mandated to pay for lumpectomy, mastectomy and reconstruction procedures, many are allowing only a one-night hospital stay for a unilateral mastectomy and two nights for a bilateral mastectomy.

Vigilance becomes part of the life of a breast cancer survivor. Every bump, every twinge, every change from the "new normal" makes the survivor wonder if the cancer has returned. You may see pictures on Facebook of people proclaiming to be "cured," but those of us who have experienced a cancer diagnosis know that while we are currently cancer-free, we have no guarantees that it won't return. I have a friend in my breast cancer support group who recently was told her cancer had spread to her brain and her bones. She had been cancer-free for many years and had regular checkups.

I am grateful for my breast cancer diagnosis because it taught me not to take life and loved ones for granted. It also introduced me to an amazing group of women, who know what I've been through and now I understand their struggles. If you get tired of seeing me wear pink, either my clothes or my pink-ribbon jewelry, understand that I wear these because I feel passionate about your becoming more aware.

If you haven't had a mammogram this year, October is a good month to make an appointment. I try not to nag my daughters about anything, but I do make a point of reminding them each October to schedule their mammograms. Because of my breast cancer diagnosis, their risk is closer to one in four instead of the one in eight in the general population.

Please have your mammogram and breast exam by your health care provider. Please!

## Sis, boom bah...



Northern Valley High School celebrated Homecoming on Thursday with a parade down Main Street, ending with a pep rally in front of the school. (Pictured) Huskies cheerleaders Brooke Baird, Kortney Cunningham, Sarah Baird, Kylie Kinderknecht, Alison Keith and Shayna Vincent get the crowd fired up before the big game with the Natoma Tigers.  
-Telegram photo by Mike Stephens

# Radon Action Week coming up

October 20-26 is National Radon Action Week according to The U.S. Environmental Protection Agency. Health agencies throughout the United States have joined forces to promote awareness of the leading cause of lung cancer for non-smokers. The American Lung Association, Centers for Disease Control, and National Cancer Institute all agree that radon is a National health problem and encourage radon testing during the October awareness drive.

Radon is a naturally-occurring, invisible and odorless radioactive gas. One in 15 American homes contains high levels of radon. Millions of Americans are unknowingly exposed to this dangerous gas. In fact, a recent study by Harvard University ranks radon as America's number one in-home hazard. By taking simple steps to test your home for radon and fix if necessary, this health hazard can be avoided.

Radon gas is not isolated to certain geographical areas or home types. Radon problems have been detected in homes

in every county of the U.S. It caused more American fatalities last year than carbon monoxide, fires, and handguns combined. If a home hasn't been tested for radon in the past two years, the Environmental Protection Agency and the Surgeon General urge you to take action. Contact your state radon office for information on locating qualified test kits or qualified radon testers.

The federal commitment made by the Environmental Protection Agency, the General Services Administration, and the departments of Agriculture, Defense, Energy, Health and Human Services, Housing and Urban Development, Interior, and Veterans Affairs will focus efforts on radon reduction and mitigation in homes, especially those of low-income families, many of whom do not have the resources to make the simple fixes necessary to protect their homes and loved ones. Learn more about the Federal Radon Action Plan at [www.RadonPlan.org](http://www.RadonPlan.org).

# Kansas Lions Clubs to converge in McPherson

The local McPherson and area Lions Clubs will serve as hosts as leaders from Lions Clubs all across Kansas will once again gather at the Best Western Convention Complex in McPherson, Oct. 25-27, for planning, fun and fellowship as we move forward in this new Lions Year in community service.

This will be the 2nd meeting this club year of the State Council of Governors, led by Council Chairperson Beverly Nichols of Overland Park. The District Governors are Linda Looney, District 17-L (Far West); Al Urick, District 17-I (North Central); Jerry Loney, District 17-O (North East); LuRay Watts, District 17-N (South Central); and Jess Larison, District 17-S (South East).

The Council of Governors is the official Governing Body of all Kansas Lions Clubs, and

meets four times each Club Year. In addition to official meetings of the Lions Council of Governors, most Lions State Committees hold planning and evaluation meetings for state programs designed to assist local clubs in service their hometown communities.

Some of the ADULT SERVICES COMMITTEES are Diabetes Awareness, Eye Bank Transplant information, Eyeglass Recycling, Environmental Photo Contests, and Public Relations & Media.

Our YOUTH SERVICES COMMITTEES include the State Band Program, Peace Poster Contest, Summer Camps for Vision and Hearing Challenged Children, and Leo Clubs for school-age students conducting various community-based service projects.

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**Fall Home Based Business and Craft Fair Expo**  
**SATURDAY, OCTOBER 19, 2013**  
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