

# OCTOBER IS BREAST CAN- CER AWARENESS MONTH LADIES AND GENTLEMEN!

Jasper School District Newsletter

October 2014

## Breast Cancer Affects 1 of 8 Women in their lifetime!

But it is not just about us girls. Men are susceptible to breast cancer too! So with that being said everybody needs to do self exams. Don't run around with your head in the sand. Don't say it won't happen to me. Check and check monthly. 70% of women find the disease themselves doing a monthly self-exam.

### Tips for catching Breast Cancer early

- Women should start mammograms at age 40. Unless you have multiple increased risk factors.
- EVERYBODY should do self exams monthly regardless of gender.
- Know what you are looking for. Go on line find out more about self exams.
- Report what you find to your Doctor. The sooner the better. Don't wait and don't ignore changes.
- Early detection and treatment is the best survival tool we have.

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*“98% is the  
portion of  
women diag-  
nosed that  
recover if de-  
tected early*

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**Visit the Ameri-  
can Cancer So-  
ciety web site  
for more infor-  
mation about  
statistics and  
for more infor-  
mation about  
self exams.**