



NEW YORK STATE SENATOR

Ruben Diaz

Senator Reverend Ruben Diaz Reminds New Yorkers that October is Breast Cancer Awareness Month

RUBEN DIAZ October 1, 2009

Early Detection is Key to Breast Cancer Survival

New York State Senator Reverend Ruben Diaz (D-Bronx) will be sponsoring three events during Breast Cancer Awareness Month to encourage women in his district to get mammograms. Senator Diaz has arranged for the St. Barnabas Hospital mobile mammogram van to

be at: the Parkchester Library on Saturday October 10th; 607 Concord Avenue/Senior Housing on Monday October 19th (from 9am - 1pm); and 1148 Elder Avenue/Mt Zion Church on Monday October 26th (from 9am - 1pm)

“Breast cancer can be treated effectively when detected early,” said Senator Reverend Ruben Diaz. “Early detection happens when mammograms are received on an annual basis, especially for women 40 or older. People often believe that breast cancer won’t happen to them, but it can affect anyone, including men.”

With breast cancer rates on the rise in recent decades, it is recommended that a clinical breast exam by a trained medical professional begin at age 20 and be done a minimum of

every three years until the age of 40; women over 40 should undergo breast exams every year.

According to the American Cancer Society, while breast cancer occurs primarily in women, men are affected too, as a malignant tumor can take hold in any breast tissue.

For more information on breast cancer, including how to conduct self examinations for women and men, visit <http://www.adelphi.edu/nysbreastcancer/index.html> or call the Adelphi New York Statewide Breast Cancer Hotline at 800/877-8077 or the Support Program at 516/877-4320. Susan G. Komen for the Cure has also developed an easy to use guide to understanding breast cancer that is available online at <http://www.komen.org/understandingbreastcancerguide.html>.