NEW YORK STATE SENATOR

Toby Ann Stavisky

Senator Stavisky Reminds New Yorkers that October is Breast Cancer Awareness Month

Toby Ann Stavisky

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Early Detection is Key to Breast Cancer Survival

Queens, NY- Recognizing October as Breast Cancer Awareness Month, Senator Toby Ann Stavisky (D-Whitestone) reminded New Yorkers how important it is to take the time to schedule their annual mammogram.

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.

"Breast cancer can be treated effectively when detected early," said Senator

Stavisky . "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."

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.

In conjunction with Breast Cancer Awareness Month, October 16, 2009 is designated as National Mammography Day. Senator Stavisky urges women to use this date as a reminder to schedule a mammogram and remind your loved ones to do the same.

"It is easy in today's busy world to forget to schedule regular check-ups. Marking this day on your calendar each year will help women stay healthy," Senator Stavisky explained.

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://ww5.komen.org/understandingbreastcancerguide.html.