



NEW YORK STATE SENATOR

Charles J. Fuschillo Jr.

## Senator Fuschillo Urges Women to Be Safe and Get Screened as Part of Breast Cancer Awareness Month

CHARLES J. FUSCHILLO JR. | October 1, 2013

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With today marking the start of Breast Cancer Awareness Month, Senator Charles J. Fuschillo, Jr. (R-Merrick) is encouraging women to be safe and get screened.

"Breast cancer is one of the most common forms of cancer among women, but early detection improves the chances that it can be treated successfully," said Senator Fuschillo. "Getting screened is an important step that women should take to protect their health."

According to the American Cancer Society, early detection improves the chances that breast cancer can be diagnosed at an early stage and treated successfully. The American Cancer Society offers the following recommendations for early breast cancer detection:

- Women should have annual mammograms once they reach the age of 40 and should continue to do so as long as they remain in good health.

- Women in their 20s and 30s should have a clinical breast exam performed by a health professional at least once every three years. After age 40, women should have this exam performed every year.

- Breast self exams are an option for women once they reach their 20s. Women who decide to do breast self exams should consult with their doctor or nurse to make sure they are doing it correctly. Women should report any breast changes to their doctor right away.

Women who have a family history of breast or other correlating factors that could increase their risk of developing breast cancer should talk to their doctor about when to start screening.

Both Nassau and Suffolk Counties provide either free or low cost mammography screenings for women at a variety of locations throughout Long Island. There are also local organizations that provide education and support services to individuals battling breast cancer and their families. If you would like more information about these services, please call 1 in 9: The Long Island Breast Cancer Action Coalition at 516-374-3190 or the Adelphi NY Statewide Breast Cancer and Support Program Hotline at 1-800-877-8077.