



NEW YORK STATE SENATOR

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## Early Detection is the Best Weapon to Fight Breast Cancer

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Many women let their fears of a breast cancer diagnosis keep them from getting a yearly mammogram. The reality is that the vast majority of women do not have breast cancer. However, for those who do have this disease, early detection with a mammogram can be a lifesaver.

The Adelphi New York Statewide Breast Cancer Hotline and Support Program has been providing professional services to New Yorkers to address the psychosocial issues associated with breast cancer since the support program was established in 1980.

The program provides information on how to get a low-cost or free mammogram at an accredited mammography facility in your community. Additionally, the program provides free support and answers to your questions about breast cancer through its hotline.

Each year, nearly 4,000 people call with their concerns about breast cancer. They are greeted by one of more than 100 specially-trained and professionally-supervised volunteers who offer emotional support, as well as information about early detection, mammography, insurance coverage, breast reconstruction, support groups, referrals and much more.

Most of these volunteers are breast cancer survivors so they understand what it is like to battle breast cancer, and they can share their personal experiences and provide emotional support.

If you are concerned about breast cancer or need a referral you might want to call the hotline at 1-800-877-8077. In addition, if you would like to learn more about the other services the program offers please visit Adelphi's Breast Cancer website at <http://www.adelphi.edu/nysbreastcancer/>.

Breast cancer has taken the lives of too many women in our community, and we must continue to work toward a cure. However, in the meantime it is very important for women to get regular mammograms to detect the disease early so those who are diagnosed can have the best prognosis possible.