



NEW YORK STATE SENATOR

Eric Adams

October is National Breast Cancer Awareness Month

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**Senator Adams
Recognizes October
as
National Breast Cancer
Awareness Month**

**Click here for the
Senator's message and for
resources to learn more.**



Dear Constituents:

Fall is finally upon us, as the falling leaves and the falling temperatures constantly remind us. I would like to take a moment to acknowledge all of the women in my community, and implore them to take the time to take care of themselves. As October has been designated as Breast Cancer Awareness Month, I wish to take this time to remind you all how important it is to schedule a yearly 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. 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.

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://www5.komen.org/understandingbreastcancerguide.html>.