



New York State Senate
Albany, NY 12247

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*To Honor Mother's Day, Senator Robach Urges
Women Over 40 to Get Screened for Breast Cancer*

JOIN US IN THE FIGHT AGAINST BREAST CANCER BY PARTICIPATING IN THE PINK RIBBON WALK & RUN ON MOTHER'S DAY

The Breast Cancer Coalition of Rochester is hosting the 17th Annual "Pink Ribbon Walk & Run," a 2.3 or 3.6 mile Family Fitness Walk and Women's 5K Race. Every dollar stays in the Rochester community to benefit the lives of those impacted by breast and gynecologic cancer.

Date: MOTHER'S DAY! Sunday, May 13, 2018

Location: Genesee Valley Park at the Roundhouse.

Parking/Address: Parking will be available in two parking lots adjacent to Genesee Valley Park (off Elmwood Ave. or Kendrick Road, watch for signs). Shuttle buses will also be available from Marketplace Mall.

Pre-race/Walk Registration: May 9-12th at the Breast Cancer Coalition, 1048 University Avenue

Race/Walk-day Registration: Beginning at 7:15am on May 13, 2018

**More details are available at www.bccr.org
or by contacting the Breast Cancer Coalition
at (585) 473-8177.**



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3 PINK RIBBON MYTHS ABOUT BREAST CANCER

- Pink Ribbon Myth:** Early detection equals prevention.
RibbonBuster: Mammography and other screening tests detect cancer already present in the breast. Getting regular mammograms does not prevent you from getting breast cancer, nor do mammograms always detect the disease. To end breast cancer, we need more focus on understanding how to prevent it from developing and how to stop it from spreading to other parts of the body.
- Pink Ribbon Myth:** If you have family members diagnosed with breast cancer, you will be too.
RibbonBuster: About 85% of those diagnosed with breast cancer have no relatives with the disease. A family history is only one risk factor. Other risk factors include aging, benign breast problems, early exposure to ionizing radiation, having children later in life or not at all, longer exposure to estrogen and progesterone, lack of exercise, and drinking alcohol.
- Pink Ribbon Myth:** Metastatic breast cancer is not treatable.
RibbonBuster: When breast cancer spreads to other parts of the body, it can and should be treated. While treatment for cancer that remains in the breast will eventually end, treatment for metastatic disease is lifelong and focuses on control of the disease and quality of life. Due to advances in treatment and an aging population, increasing numbers of those who face metastatic breast cancer are living many long, productive, fulfilling years.

If you are diagnosed with breast cancer, ask questions. No one needs to go through breast cancer alone.

For more information, or for any other questions relating to breast cancer, please contact the Breast Cancer Coalition of Rochester at 585-473-8177, www.bccr.org.

Resources:

www.bcaction.org
www.bccr.org
www.breastcancerdeadline2020.org
www.cancer.gov

Save The Date For Senator Robach's 11th Annual Women's Wellness Fair

Saturday, October 13, 2018
 10:00am to 1:00pm
 The Mall at Greece Ridge Center

Screenings for Breast Cancer

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical Breast Exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel, and report any breast change promptly to their health care provider. Breast Self-Exam (BSE) is an option for women starting in their 20s.
- These recommendations are for women of average risk of breast cancer. Women should discuss screening frequency with their careproviders and decide upon a schedule that works for them based upon their individual risk and preferences. For more information, visit www.cdc.gov/cancer/breast/pdf/breastcancerscreeningguidelines.pdf.

