

Welcome to the Livingston, NJ Nursing Department

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OCTOBER IS DECLARED BREAST CANCER AWARENESS MONTH

The Township of Livingston has declared the month of **October as Breast Cancer Awareness Month**. October has been selected to reach out to all people: to educate, empower, celebrate and renew our fight against cancer. The good news is we are enjoying a winning streak of a 2% decline in breast cancer death rates yearly since 1990! This important indicator of success is made possible by advances in early detection and treatment according to the article from ACS "Breast Cancer Facts & Figures 2007-2008." If detected early, the five year survival rate is now 95%.

Please be aware of the importance of having a scheduled mammography. This is an accepted standard and excellent tool for the early detection of a small lump or growth that is not yet palpable and could be three to five years before the lump could be physically noted. **Yet 13 million above the age of 40 have never had a mammogram!** The American Cancer Society and Susan G. Komen Breast Cancer Foundation recommend a mammography every year beginning at 40. A clinical breast exam every three years between the ages of 20-39, and every year beginning at age 40. Breast self-examinations should begin monthly beginning at age 20. **Inform your physician if you have a family history of breast cancer.**

There are normal breast changes that occur with all of us, especially as we age. Finding a lump, however small, or noting a change in the skin, such as dimpling should be shared with your MD as soon as possible. If there are any areas that are red, painful, and unusually warm or any discharge is noted, call right away.

Tomorrow, we will increase our increasing knowledge of genetics, molecular biology and immunology to develop even more effective and less toxic treatments. Ongoing studies and research will increase our knowledge in identifying hereditary breast cancer and earlier intervention.

More women are surviving breast cancer than ever before thanks to early detection and better treatments. But, there is still much more left to do! Join us on October 17 at 3:00 PM "To Paint the Town Pink." Decorate Town Hall and Robert Harp Drive trees with ribbons of pink to honor and support all those involved in our fight against breast cancer.

www.american cancer society: www.nationalbreast cancer.org: www.ACS News Center: www.njakomen.org: www.understanding -breast cancer.com