October is National Breast Cancer Awareness Month:

Early detection equals hope

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Breast cancer will affect an average of one in eight women sometime in their lifetime. It is the second most common cause of cancer related deaths in women.

While those statistics may sound scary, when it is detected early, the chances of beating breast cancer are greatly improved. Although there is no sure way to prevent breast cancer, getting an annual mammogram starting at age 40 is one of the best things you can do to protect yourself from breast cancer.

No woman or man is safe from breast cancer.

Risk increases with age, but young women can get it also.

Having a close relative with breast cancer doubles your risk.

Mammograms play a central part in early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt.

The use of mammography has greatly enhanced the ability to detect breast cancers at earlier stages.

Now a new technology called a full field digital mammography shows great promise in the fight against breast cancer.

Digital mammography uses computers and specially designed digital detectors to produce an image that can be displayed on a high–resolution computer monitor, and transmitted and stored just like a computer file. This type of mammography exam is available at Perkins County Health Services.

Available this year for the first time are funds for mammogram and breast ultrasounds for low income, uninsured and high deductibles.

Jody Snogren in the foundation office at Perkins County Health Services can assist you in applying for these funds.

Because our primary goal here at Perkins County Health Services is Excellence in Care….for life, we have digital mammography. Ask about our new mammogram foam pads.