

**October 2021**

## **National Breast Cancer Awareness Month**

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

### **How can National Breast Cancer Awareness Month make a difference?**

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

Here are just a few ideas:

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.

**(Click the links for Additional Information)**

## **American Cancer Society – Breast Cancer**

**[Signs and Symptoms](#)**

**[Screening Reminder](#)**

**[Questions to Ask Your Doctor](#)**

**[Making Strides Against Breast Cancer](#)**

**[Breast Cancer in Men](#)**

**[Take the Quiz: Breast Cancer](#)**

**[Breast Cancer Videos](#)**

Baptist General Convention of Virginia  
Health & Wellness Ministry, Rev. Dr. J. Elisha Burke Burke, Director  
804-228-2421 or [eburke@bgcva.org](mailto:eburke@bgcva.org)

# October Health Observances

- [Domestic Violence Awareness Month](#)
- [Eye Injury Prevention Month](#)
- [Health Literacy Month](#)
- [Home Eye Safety Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [National Down Syndrome Awareness Month](#)
- [National Medical Librarians Month](#)
- [National Physical Therapy Month](#)
- [Sudden Cardiac Arrest Awareness Month](#)
- [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
  
- 4 - 10 [Mental Illness Awareness Week](#)

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IS National  
**BREAST CANCER**  
Awareness Month



**FINDING THE**  
**CURE**

**STARTS WITH**  
**AWARENESS**

