



Kathleen Sebelius, Governor
Roderick L. Bremby, Secretary

DEPARTMENT OF HEALTH
AND ENVIRONMENT

www.kdheks.gov

FOR IMMEDIATE RELEASE:
October 1, 2007

Contact: Joe Blubaugh, 785-296-5795
jblubaugh@kdhe.state.ks.us

October is Breast Cancer Awareness Month

Breast cancer is the most common type of cancer diagnosed in women and the second leading cause of cancer death in Kansas. October is Breast Cancer Awareness Month and the Kansas Department of Health and Environment (KDHE) is encouraging women to become aware of the risks and learn about the effectiveness of screening for the disease.

In Kansas in 2005, there were 1,815 cases of female breast cancer and 378 deaths attributable to the disease. Nationally, nearly 182,000 women were diagnosed with breast cancer in 2003 and 41,619 died.

“Routine screening and prompt treatment can greatly improve a woman’s chances of surviving breast cancer,” said Dr. Howard Rodenberg, Director of the KDHE Division of Health and State Health Officer. “In addition, eating a healthy diet and getting plenty of exercise are important for preventing all types of cancer.”

Breast cancer screening involves checking the breasts before there are signs or symptoms of the disease in order to diagnose problems at the earliest possible stage of cancer. Three ways are used to screen for the disease:

- Mammogram – an x-ray of the breast is the best method to detect breast cancer early. Regular mammograms should begin at the age of 40 and be done every 1-2 years. Mammograms can lower the risk of dying from breast cancer by detecting cancer at an early, highly treatable stage.
- Clinical breast exam – is an examination by a doctor or nurse to feel for lumps or other changes in the breasts.
- Breast self-exam – can be done by a woman on a monthly basis to self-check for change in the size and shape of the breast or under the arm.

Breast cancer is the most common cancer in women regardless of race or ethnicity. KDHE promotes breast cancer screening for all women and provides services for age appropriate, low income, uninsured women through its Early Detection Works program. This program served about 6,000 women last year providing clinical breast exams and mammograms through a network of providers across the state. For more information about the program visit the Web site at www.preventionworkskansas.com or call toll free 1-877-277-1368.

###

OFFICE OF COMMUNICATIONS
CURTIS STATE OFFICE BUILDING, 1000 SW JACKSON ST., STE. 540, TOPEKA, KS 66612-1368
Voice 785-296-0461 Fax 785-368-6368

As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans.

Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.