



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
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October is Breast Cancer Awareness Month

Champaign-Urbana Public Health District Encourages Women to Get a Mammogram for Early Detection

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) offers support of the State of Illinois' proclamation setting forth October 2011 as Breast Cancer Awareness Month and October 21, 2011 as Mammography Day. A mammogram is the best way to detect breast cancer and early detection can result in successful treatment.

According to Julie L. Gerberding, MD, MPH, Director, Centers for Disease Control and Prevention (CDC), early detection through screening is the best defense against morbidity and mortality from breast cancer. Breast cancer is second to skin cancer as the most commonly diagnosed cancer among American women. Breast cancer is second to lung cancer as the leading cause of cancer-related deaths among women. The encouraging news is breast cancer is curable if found in the earliest stages. The 5-year survival rate for localized breast cancer detected early is 98 percent. Mammograms can detect breast cancer in its earliest, most treatable stage, an average of 1 to 3 years before a woman can feel a lump.

The Illinois Breast and Cervical Cancer Program (IBCCP), provided through CUPHD, will hold enrollment days throughout the month of October supporting Breast Cancer Awareness Month. IBCCP assists women who are without insurance between the ages of 35-64. CUPHD serves the Champaign, McLean and Vermilion County areas. When enrolling in the program, participants will be required to bring proof of age and income to complete the process.

Upcoming enrollment days include:

Champaign County – Tuesday, October 11, 2011
Frances Nelson Health Center
819 W. Bloomington Road, Champaign
8:30 AM – Noon; 1:00 – 4:30 PM

- more -

McLean County – Wednesday, October 26, 2011
John M. Scott Health Resources Center (new location for this event)
607 S. Gridley, Bloomington
9:00 AM – Noon; 1:00 – 3:30 PM

Vermilion County – Tuesday, October 18, 2011
Aunt Martha's Vermilion Area Community Health Center
614 N. Gilbert Street, Danville
8:30 AM – Noon; 1:00 – 3:30 PM

Routine mammograms and breast exams, including monthly self exams and annual exams by a physician, can detect cancer early and can provide women with better treatment options and results.

Ways to help lower the risk of getting breast cancer include:

- Stay physically active by getting regular exercise.
- Maintain a healthy weight.
- Avoid using hormone replacement therapy (HRT), or find out the risks and benefits of HRT and if it is right for you.
- Limit the amount of alcohol that you drink.

For more information on IBCCP services and eligibility requirements, call (217) 373-9281 or toll free at 877-811-0193.

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