

PROCLAMATION

West Virginia Breast Cancer Awareness Day and Breast Cancer Awareness Month

In 2019, an estimated **1,450** West Virginia women will be diagnosed with breast cancer and approximately **285** women will die from the disease. Breast cancer continues to be a leading cause of cancer related deaths among WV women. A woman has about a 1 in 8 (12%) chance of developing breast cancer in her lifetime and about a 1 in 38 (2.6%) chance of dying from the disease.

Currently, the best method to reduce deaths due to breast cancer is through early detection of the disease. Women age 50 and older should have a mammogram every year. Women ages 40-49 should talk with their health care provider about their screening schedule. Clinical breast exams by a physician or nurse are recommended every three years for women in their 20s and 30s and every year for women 40 and over. Breast self-exam (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE.

Clinical breast exams, breast self-exams, and mammograms can save lives. Women should talk to their health care provider about their individual screening schedule.

In recognition of the important lifesaving early detection practices available for breast cancer, I, Susie Cvechko of BCC, do hereby proclaim October, 2019, as West Virginia Breast Cancer Awareness Day and October 2019 as Breast Cancer Awareness Month. I urge all Barbour County women to become aware that they are at risk for developing breast cancer and to discuss screening with their health care providers.

Susie Cvechko

Tim McDaniels