

April is Cancer Awareness Month

What is Cancer?

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death.

Madison County Health Department has made a commitment and is dedicated to reach out to our community for Cancer Awareness.

Can Most Cancers Be Prevented?

YES

We have been working with the Madison County Hospital and other local agencies to spread the word on cancer prevention. Especially Breast Cancer. Out of 88 counties in Ohio, Madison County is one of the highest for Breast cancer rates.

According to 2007 Ohio Statistics, Madison County had 30 cases of Breast Cancer and 10 deaths (1999-2002). The number of deaths did not specify between male and female breast cancer. American Cancer Society states from 2000-2004 there have been 53 cases of Male Breast Cancer diagnosed in Ohio.

Get the Facts

- **Breast Cancer is not predictable-** it is a random disease. (There are no boundaries- ages, race, religion, socioeconomic status, etc.)
- It's the **leading cause of death among women ages 40-59**. Breast cancer strikes women during their most productive years-both personally and professionally.
- We don't know what causes it, and we don't have a cure.
- **Early detection is critical**, providing more treatment options and a greater chance of survival. When the disease is confined to the breast, the 5-year survival rate is more than 95%.
- Approximately **10,000** women under the age of 40 will be diagnosed with breast cancer this year, and about 1,000 will be between 20-30 years of age.
- Men *can* get breast cancer too!
- It is important for not only women to **be familiar with how their breasts look** and feel, men also need to know how their "pecs" look and feel.
- **Men and women should do monthly breast exams**. Women should do the exam just as their period ends.
- Clinical breast exams are recommended for **all women at age 20** and at least every 3 years until age 40 and every year after that.

To get more information on Breast Cancer or any other type of cancer here are some resources:

www.komencolumbus.org

www.cancer.org

www.odh.ohio.gov