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FOR IMMEDIATE RELEASE
UPCOMING EVENT

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Beyond Breast Cancer Awareness Month

Longmont United Hospital will kick off “Beyond Breast Cancer Awareness Month” on October 1. Community members are invited to pick up information about what to ask their doctor about breast health (mammograms, finding a lump, hormone replacement therapy, etc.) during the month of October. Materials will be available in both Spanish and English.

There are still over 40,000 women dying from breast cancer each year, according to the American Cancer Society. Early detection continues to be the best way to strengthen your chances of surviving breast cancer. The following steps for early detection are recommended:

1. Schedule routine mammograms (if 40 years or older),
2. Get regular clinical breast exams, and
3. Perform monthly breast self-exam every month. Shower hanger cards with reminders for breast self-exams provided by the Komen Foundation will be available at Longmont United Hospital in both English and Spanish.

All women are at risk for breast cancer and the risk increases with age. New information about the relationship between breast cancer and the environment suggest some risk factors can be controlled and some cannot. It is clear that a woman’s age, gender, lifetime exposure to estrogen, and age at the time of her first birth are all important.

United Medical Imaging, an outpatient service of Longmont United Hospital, will also be offering low-cost mammography screening to the first 50 women who call in October. The cost will be \$40 at time of service. Please contact 303.651.5160 to schedule an appointment. If possible, please bring a prescription from your primary care physician. United Medical Imaging is located at 1380 Tulip, Suite B.

Even though we do not know the cause of breast cancer, every woman can take some breast healthy steps. Eat a healthy diet, maintain a healthy weight, exercise regularly, and limit alcohol intake are among some of the options. Be informed!

Stop by Longmont United Hospital at 1950 Mountain View Avenue to learn more about breast health care.
