



NEW YORK STATE SENATOR

Martin J. Golden

## Senator Golden Promotes Adelphi's NY Statewide Breast Cancer Hotline and Support Program

MARTIN J. GOLDEN April 26, 2011

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Brooklyn- State Senator Martin J. Golden (R-C-I, 22nd District) today has joined with the Adelphi NY Statewide Breast Cancer Hotline and Support Program in their annual Mother's Day campaign to urge women to get mammograms.

Senator Marty Golden stated, "Mother's Day is a significant time to remind women to get mammograms. I hope that this Mother's Day women will take the time to make an appointment for a mammogram. Approximately 95 percent of all mammograms prove to be normal and if there is a problem, early detection can save your life."

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health. Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 30 and over. Women should report any breast change promptly to their health care provider.

For more information and to locate an accredited mammography facility nearby, call the Adelphi New York Statewide Breast Cancer Hotline and Support Program at 800-877-8077. Callers can also get emotional support from the hotline's specially trained volunteers, most

of who are women who have had breast cancer.

The hotline marked its 30th anniversary last year. It is a project of the Adelphi University School of Social Work on Long Island. All services are free. The web site is:  
[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer).