



NEW YORK STATE SENATOR

Suzi Oppenheimer

## Oppenheimer Urges Women to Schedule Mammograms During Breast Cancer Awareness Month

SUZI OPPENHEIMER October 7, 2011

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### OCTOBER IS BREAST CANCER AWARENESS MONTH

*Senator Oppenheimer is Living Proof that Early Detection is Key to Breast Cancer Survival*

Senator Suzi Oppenheimer (D-Mamaroneck) reminds New Yorkers that October is Breast Cancer Awareness Month and urges all women to schedule their annual mammogram.

Medical professionals recommend that women receive a clinical breast exam beginning at age 20 and thereafter a minimum of once every three years until the age of 40. Women over 40 should undergo clinical breast exams every year.

"I am living proof that breast cancer can be treated effectively when detected early," said Senator Oppenheimer, a long-term breast cancer survivor. Senator Oppenheimer's breast cancer was detected in its earliest stages by a routine mammogram. "Routine screening and early detection saves thousands of lives each year."

"Many women avoid getting mammograms," observed the Senator, "fearing a possible cancer diagnosis. But the truth is that the vast majority of women do not have breast cancer and have nothing to fear. Indeed, 95 percent of all mammograms prove to be normal." Even

when a malignancy is found, early detection offers the most complete range of treatment options and the best prospect of a full recovery.

For more information about breast cancer and to locate an accredited mammography facility nearby, visit the Adelphi NY Statewide Breast Cancer website, [www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer), or call the Adelphi NY 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 whom are breast cancer survivors.