



31 Facts on Breast Cancer

A fact for every day in October!

1. Every 3 minutes, another woman is diagnosed with breast cancer. October is National Breast Cancer Awareness Month, and the American Cancer Society reminds you to tell a woman you love to get a screening. *It could save her life!*
2. This year, more than 17,000 people will be diagnosed with cancer (of all types) in Iowa. That's more than 46 people *every day*. Fight back by knowing the screenings you need. Screening guidelines are posted at the American Cancer Society website, www.cancer.org.
3. This year, more than 6,300 cancer deaths are expected in Iowa – that's more than 17 people each day. We can do better! Get up, get moving, get healthy. You'll look better, feel better, and live longer. Exercise, diet tips and recipes at cancer.org.
4. Two thirds of all cancers are preventable! Imagine if there were 10,000 fewer people diagnosed in Iowa each year! The American Cancer Society has some tips to help you prevent cancer: eat healthy, exercise, don't smoke, and get a screening. More info at the American Cancer Society web site.
5. Over 380 women will die of breast cancer in Iowa this year. We can fight breast cancer and save lives. Call the American Cancer Society to find out how to beat cancer. 1.800.227.2345.
6. Did you know? Breast cancer isn't just a woman's disease. **Men can get it too.** An estimated 1,900 new cases of male breast cancer will be diagnosed in the United States this year. Get the facts at the American Cancer Society web site.
7. Got 30 minutes? Look better and live longer. Here's how: with just 30 minutes a day, you can reduce your risk of cancer by exercising. Exercise at least 5 times a week for a half hour
8. It's easy to forget to get that mammogram, right? Now there's an easy way to remind yourself to get that lifesaving screening. Sign up for a **FREE** email mammogram reminder at the American Cancer Society website at <http://acsremindme.com/> And never forget a screening again!
9. Going through treatment and want support but don't feel like leaving the house? Now you don't have to! The American Cancer Society Cancer Survivor's Network is a place where you can share, laugh, cry, be inspired, or help inspire someone else. And do it all in your pj's! www.cancer.org. Help is just a click away.
10. If it hasn't done so already, breast cancer will touch you or someone you know. The disease will strike more than 200,000 times this year and claim 40,000 lives nationwide. While we've *made great strides against breast cancer*, there's still more work to do... to see that our mothers, daughters, sisters, and friends will never have to hear the words, "*You have breast cancer.*"

11. *\$420 million.* That's the amount the American Cancer Society has invested in breast cancer research. And that's resulted in life-saving discoveries. For example, research funded by the American Cancer Society established mammography for early detection of breast cancer, saving many women's lives. With the money raised through its *Making Strides Against Breast Cancer* event, the Society is able to fund research into breast cancer. We won't stop until there's a cure.
12. A breast cancer diagnosis can be frightening, overwhelming. To find someone who you can talk with that's been through the experience can feel like a *lifeline*. The American Cancer Society's **Reach to Recovery** program matches a newly diagnosed patient with a specially trained breast cancer survivor. No one understands it better than someone who's been there. Find out more - call the American Cancer Society at 1.800.227.2345.
13. If you are 40 or older, get a mammogram and breast exam every year. Get the facts on breast cancer, at the American Cancer Society web site – cancer.org.
14. In the 1970s, American Cancer Society-funded research found that mammograms were the best tool to find breast cancer early; now roughly 60% of Iowa women over the age of 40 have an annual mammogram. This helps them stay well by finding breast cancer when it's most treatable.
15. Kudos to Iowa! Iowa has the 2nd highest rate of volunteerism *in the nation!* Annually, more than 5,000 people volunteer for the American Cancer Society in Iowa. We love you guys! But more volunteers are needed for programs that help breast cancer patients, right now we need drivers to take patients to treatment. Find out more at 1.800.227.2345.
16. Outsmart breast cancer. To find the Society's complete breast cancer early detection and nutrition and physical activity guidelines, visit cancer.org.
17. Ladies, take time for YOU. Women often put others ahead of themselves. The American Cancer Society wants you to choose to put your health first, so you can be there for everyone else. Visit www.chooseyou.com to see how you can choose to put your health first and fight breast cancer.
18. Did you know that an estimated 207,000 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. in 2010? Help fight breast cancer. Call the American Cancer Society. 1.800.227.2345.
19. Knowledge is power. Especially true with breast cancer. Find out the American Cancer Society's recommended guidelines for the early detection of breast cancer at www.cancer.org/breastcancer.
20. **National Mammography Day, October. 21,** was first proclaimed by President Clinton in 1993. On this day and throughout the month, women are encouraged to make a mammography appointment. Early detection saves lives.
21. Are you facing breast cancer? You're not alone. The American Cancer Society is here to help you get well. Whether you need emotional support or information, a ride to treatment, someone to talk to, answers about insurance, *you name it – we're here for you.* 24 hours a day.

22. Skin cancer aside, the most frequently diagnosed cancer in women is breast cancer. It doesn't have to be this way. Help fight back. Join ACS CAN (Cancer Action Network) www.acscan.org and let your voice be heard in the fight.
23. Have you been through breast cancer? Then you're the perfect person to help someone else through it. The American Cancer Society needs volunteers for programs that help breast cancer patients. If you're a survivor, you can share what you know and help other women through breast cancer. To find out more, call the American Cancer Society at 1.800.227.2345.
24. Join the movement to create a world with less breast cancer and more birthdays at www.morebirthdays.com. The American Cancer Society is asking YOU to help save lives from breast cancer.
25. Don't forget: If you are 40 or older, get a mammogram and breast exam every year.
26. This year in Iowa, over 2,100 women will hear the words, "You have breast cancer." If you are facing breast cancer, you're not alone. The American Cancer Society is here to help, at 1.800.227.2345
27. Sometimes cancer patients need to travel far for treatment. So a couple years ago, the American Cancer Society launched a patient lodging program in Iowa. Rooms at no cost are available throughout the state! If you need lodging assistance, call us. 1.800.227.2345.
28. Going through cancer treatment? Treatment can change how people look. Get help with beauty techniques during cancer treatment to boost self-esteem through Look Good...Feel Better, a free program. Last year, 400 Iowans benefited from this program! Learn how to get a **FREE** wig too. Call the American Cancer Society, 1.800.227.2345.
29. Being female and increasing age are the most important risk factors for breast cancer.
30. Last year, the Russell and Ann Gerdin American Cancer Society Hope Lodge in Iowa City provided 550 cancer patients and their caregivers a no-cost, home-away-from-home during treatment—a savings of over \$1 million in lodging costs.
31. The American Cancer Society is currently funding 10 cancer researchers right here in Iowa! That's \$5.5 million in our own backyard towards finding cures.