

REACH OUT FOR LIFE

NEWSLETTER

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SCREENING SCHEDULE STILL THE SAME FOR WOMEN AGE 40+

From Susan G. Komen for the Cure®

DALLAS - Susan G. Komen for the Cure®, the world's leading breast cancer advocacy organization, has carefully reviewed the data and recommendations from the U.S. Preventive Services Task Force (USPSTF) concerning mammography screening. Komen for the Cure issued the following statement from Eric P. Winer, M.D., chief scientific advisor and chair of Komen's Scientific Advisory Board.

"Susan G. Komen for the Cure wants to eliminate any impediments to regular mammography screening for women age 40 and older. While there is no question that mammograms save lives for women over 50 and women 40-49, there is enough uncertainty about the age at which mammography should begin and the frequency of screening that we would not want to see a change in policy for screening mammography at this time. Komen's current screening guidelines can be found at www.komen.org and would not be changed without serious consideration.

Our real focus, however, should be on the fact that one-third of the women who qualify for screening under today's guidelines are not being screened due to lack of access, education or awareness. That issue needs focus and attention: if we can make progress with screening in vulnerable populations, we could make more progress in the fight against breast cancer.

Mammography is not perfect, but is still our best tool for early detection and successful treatment of this disease.

We encourage women to be aware of their breast health, understand their risks, and follow existing recommendations for routine screenings including mammography beginning at age 40."

Tri-COUNTY *REACH OUT FOR LIFE* HONORED AS A SUPERSTAR

By ED HILT

Tri-County Community Action Partnership received a Superstar Award from the Susan G. Komen for the Cure Central and South Jersey Affiliate for its Reach Out for Life program at a Komen Celebration event in Princeton in March.



Tri-County's Reach Out for Life program, operating in Cumberland, Salem and Gloucester counties, promotes breast cancer awareness and facilitates referrals for free mammograms for medically underserved women between the ages of 40-64.

Electra Moses, Tri-County's Vice President in charge of Health Services, accepted the award on the agency's behalf. Also in attendance were program coordinator Faye Wright, outreach staff Eleanor Brice, Madelyn Frazier and Gail Moore and program planner Ed Hilt.

Moses said a close family member had once been diagnosed with breast cancer and "when our agency had the chance to work with Komen, I jumped at the chance because it is so near and dear to my heart."

Moses also recognized Wright and her staff, saying it was their hard work that made the award possible.

"They make my job easy and make me look really good," Moses said, smiling.

Jessica Morton, the Komen affiliate's Manager of Education and Outreach Programs, presented the award and praised the Tri-County Reach Out for Life staff for its ingenuity and energy in making the pilot program a success.

"As a pilot program, Tri-County Community Action Partnership is charged with testing innovative programs and approaches to reach underserved women in their communities," Morton said.

"Tri-County has come up with many great ideas in doing so, including using cell phones at community programs so that women can call to schedule their mammograms on the spot. That ensures that these women are not lost.

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BREAST AWARENESS FOR WOMEN

Breast Self-Awareness

Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening tests can find cancer early, when it's most treatable.

Susan G. Komen for the Cure® recommends that you:

Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

Know what is normal for you

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

Breast Self-Awareness (BSA) Cards

Susan G. Komen for the Cure® offers a variety of BSA cards in different languages and for specific populations including Hispanic, Hindu and Chinese. You can download and print BSA cards for yourself at www.komen.org

If you would like to purchase any of these BSA cards in bulk quantities, please visit ShopKomen.com.

Source: <http://www5.komen.org/BreastCancer/BreastSelfAwareness.html>

Tri-COUNTY/SUPERSTAR

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"I have observed the staff at events, and they have a unique ability to connect with the women they serve and their passion, dedication and energy is infectious."

"Personally, I love working with the staff at Tri-County, and as an affiliate, we are thrilled to have them as a partner," said Morton.



Above Top: Program Coordinator Faye Wright. Bottom: The Reach Out For Life staff pose with the representatives from the Susan G. Komen Foundation.

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