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NEWS RELEASE

Donations for Mammograms May Help Save the Lives of Charlotte County Women

Port Charlotte (FL) – Charlotte County Health Department will ensure that local women benefit from the generosity of bicycle enthusiasts and Acme Bicycle Shop owners Karen Freeman and Earl Lang. In early October, Acme Bicycle Shops sponsored the 4th Annual Cancer Awareness Bicycle Ride. Rather than requiring an entry fee, participants were asked for donations to help local women in need of a mammogram. The Cancer Awareness Ride donations added up to \$725.28. Karen and Earl presented the gift to Steven Mitnick, Administrator of the Charlotte County Health Department and Janet Martire, Volunteer Coordinator. The health department will use the money to assist in providing mammograms to women through the following programs: Florida Breast and Cervical Cancer Early Detection Program, American Cancer Society's Project Detect, and Southwest Florida Affiliate of Susan G. Komen for the Cure®. Charlotte County Health Department referred over 200 women for mammograms over the course of a year, from July 1, 2009 to June 30, 2010. In 2009, the mammograms resulted in detecting cancer in two Charlotte County women, and to date, detecting cancer in one woman in 2010.

Mammograms are the best way to detect early breast cancer. The survival rate is high for women diagnosed with early breast cancer, before the cancer has spread. Women should perform monthly self-breast examinations as a supplement to mammograms and breast exams by a physician.

- A breast lump has to be about one inch in diameter, or about the size of a quarter, for a woman to feel it herself.
- Beginning at age 40, women should have a mammogram every year.
- In addition to mammograms and self-breast exams women should also:
 - Eat right
 - Exercise
 - Maintain a healthy body weight

For more information about breast cancer and other health and safety issues, visit the health department Website: www.CharlotteCHD.com.

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