



### **EMO offers Breast Cancer Awareness**

Breast Cancer is a fight impacting many lives throughout our region. Approximately 1,470 West Virginian women are diagnosed with breast cancer yearly. We understand the importance in preventative screenings as well as coming together to offer our continued support to the many women effected by a breast cancer diagnosis.

Since October is National Breast Cancer Awareness Month, a variety of both virtual and in-person events are planned in West Virginia to raise awareness for early detection and to show support for breast cancer survivors. These events begin Monday, Oct. 4, as a commemoration for the 26<sup>th</sup> Annual West Virginia Breast Cancer Awareness Day. This date you the opportunity to stand together at local libraries, courthouses, post offices, and other sites in West Virginia's 55 counties. If you would rather attend online, they can register at <https://BIT.LY/2021BCAM> and attend via Zoom.

Throughout the entire month, several mammogram facilities are offering either free or reduced rate screenings to help detect breast cancer's early signs. These x-ray pictures of the breast are used to find small cancers and can detect breast cancer sometimes up to two years before you or your medical provider can feel them.

The United States Preventive Services Task Force (USPSTF) recommends women who are at average risk begin screening mammography at age 50 to 74. The screening guidelines for breast cancer vary from one national organization to another. Women, transgender persons, and non-binary persons born with female anatomy are encouraged to talk to their healthcare provider about any specific risk factors to tailor which screening schedules would work best for them.

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#### **OCTOBER 2021 NEWS**

**October is:**

- **Breast Cancer Awareness Month**
- **Domestic Violence Awareness Month**

**Program News and Highlights:**

- **FIT on 10th still recruiting!**
- **Community Garden needs volunteers**

**EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.**

**You can donate at [emo-health.org](http://emo-health.org) by clicking the donate button!**

One easy way to find mammograms available in your area is to call the Breast and Cervical Cancer Screening Program at 1-800-642-8522, and they can help you locate a local health provider offering mammogram services.

Another way to take a stand while gaining steps against breast cancer in the month of October is to attend one of three regional “Walks for Women.” These walks are sponsored by The Mountains of Hope Cancer Coalition, their partners, and volunteers. Each walk is designated to encourage awareness about breast cancer screenings while providing time to honor breast cancer survivors and remembering loved ones who have lost their lives to this disease.

Each walk is three miles long and will raise donations from individuals and corporate sponsors to benefit the WV Breast and Cervical Cancer Diagnostic and Treatment (D&T) Fund. All participating residents attending any public gatherings are encouraged to follow the CDC Guidelines to help protect themselves against the spread of Covid. To participate in one of the three “Walks for Women,” residents can call the Cancer Prevention and Control at (304) 293-2370 or look for a local walk online by visiting West Virginia Breast and Cervical Cancer Screening Program - Early Detection ([wvdhhr.org](http://wvdhhr.org)).

Throughout every month of the year, we want to ensure no one fights breast cancer alone. Our community outreach program, “Save Our Sisters,” allots survivors and all local women a support group available to them. “Save Our Sisters” is here to provide education through peer/mentor advice relating to the topics of breast, cervical, and ovarian cancer. To find out more information about “Save Our Sisters,” call (304) 529-0753 ext. 403.



## **BREAST CANCER FACTS**

### *In the United States Survivors:*

- There are over 3.8 million breast cancer survivors in the United States.
- An estimated 1 in 8 women (13%) will develop invasive breast cancer during their lifetime.
- The National Cancer Institute estimates that 281,550 new cases of invasive breast cancer will be diagnosed in women this year.
- A woman’s chance of dying from breast cancer is 1 in 39 (3%).
- Approximately 43,600 women will die from breast cancer this year.
- Breast cancer mortality rates are declining. This decline is believed to be attributed to early detection through screening, increased awareness, and improved treatment.

*In West Virginia:*

- Approximately 1,470 West Virginia women will be diagnosed with breast cancer this year.
- Approximately 290 West Virginia women will die of breast cancer.
- Breast cancer continues to be a leading cause of cancer-related deaths among West Virginia women.
- Biological Sex (female anatomy is the main risk factor)
- Age (risk increases with age)
- Family history of breast cancer
- Personal history of breast cancer and certain non-cancerous breast diseases
- Menstruation (periods) before age 12
- Going through menopause after age 55
- Childbirth (having no children or first child after the age of 30)

Sources: American Cancer Society, [www.cancer.org](http://www.cancer.org) 2019 WV Cancer Burden Report

2021 Breast Cancer Awareness Day Activity sponsors are: The West Virginia Department of Health and Human Resources (WVDHHR), Bureau for Public Health (BPH), Office of Maternal, Child and Family Health (OMCFH); The West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP), Mountains of Hope Cancer Coalition (MOH); and the WVU Cancer Institute (WVUCI)



### PROGRAM NEWS:



**FIT on 10<sup>th</sup>** is still actively offering **YMCA memberships to 150 Ebenezer Medical Outreach patients**. As of the beginning of October, over 40 patients have begun their journey towards fitness. **We are still recruiting patients interested in improving their health** through this year-long membership program. This program is available for patients with a diagnosis of prediabetes, diabetes, hypertension, hyperlipidemia, or by physician discretion for another health condition that may be improved with exercise. We are grateful to our partners at **WVU Office of Health Services** and the **Huntington YMCA** for this amazing opportunity.



**THE COMMUNITY GARDEN NEEDS YOUR HELP!** We are actively recruiting volunteers to help our garden grow. Have you got a green thumb and a desire to help people suffering from chronic disease? This your call to action, so give us a call at 304-529-0753.

### FINAL WEEK OF FARMACY:

We are proud to have completed our 15-week Farmacy program! This successful program gave patients diagnosed with diabetes, high blood pressure, or obesity a box of produce each week throughout the growing season. The program provided participants with two cooking demonstration classes. We look forward to continuing this program in the future!



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