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## NATIONAL PHILOPTOCHOS RECOGNIZES BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month, and the National Philoptochos Society asks that you do your part to make all women aware of the signals, preventative measures and treatments for breast cancer.

Since nationwide efforts began in 1985 to educate women about the importance of early detection, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined. This is wonderful progress, but more needs to be done to save lives. For example, did you know that if all women age 40 and older took advantage of early detection methods that breast cancer death rates would drop by an additional 30 percent?

There are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

All chapters who have not already submitted their contribution to the National Philoptochos cancer commitment which occurs in January please do so. Your Philoptochos cancer commitment is used in two significant ways:

- **Financial assistance:** It enables us to provide financial assistance to cancer patients and their families to help cover some of their out-of-pocket medical costs and to provide short-term relief with certain daily living expenses during their time of crisis and need.
- **Education is Empowerment:** It enables us to conduct outreach throughout the Greek Orthodox community to educate both women and men about the importance of early detection through regular screenings and clinical exams with medical professionals. The key is that they be done routinely – once is not enough.

Please increase educational enlightenment on this very important subject by distributing our “Fact Sheet on Breast Cancer” to your membership and entire community found in the “Facts and Resources” section of the social services website.

Sincerely,

*Aphrodite Skeadas*

Aphrodite Skeadas  
President

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