



Weill Cornell Medicine

October Is Breast Cancer Awareness Month



Every October, Breast Cancer Awareness Month helps promote screenings, share survivor stories and encourage education.



Consider the following support efforts:

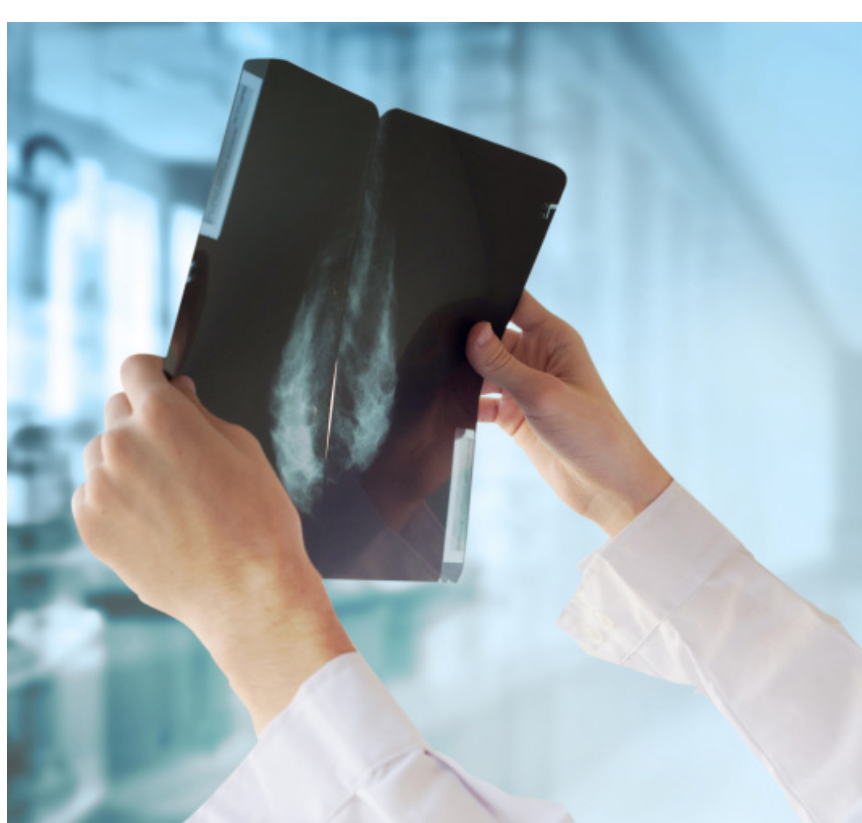
- Donate resources to a patient in need.
- Get inspired with stories of survival.
- Send cards to spread hope.
- Pledge to get a mammogram.

Early Detection Is Key

Breast cancer often has no symptoms. This means early detection through screenings is important.

With early detection and diagnosis, breast cancer survival rates are about 90%, according to Weill Cornell Medicine experts.

Did you know? **Black and minority women are screened for breast cancer less often than white women.**



Start the Screening

Not sure when to start breast cancer screenings? These guidelines are recommended by the American Cancer Society:

Yearly mammogram:

Women ages **40–44** can choose to begin screening and should begin their annual mammograms.

Biennial mammogram:

Women ages **55 and older** can begin receiving mammograms every other year.

Survivorship Support Designed for You

The need for support doesn't end when treatment stops. Weill Cornell Medicine provides support for breast cancer survivors through the Iris Cantor Breast Cancer Survivorship Program.

The program offers:

- Follow-up care
- Educational resources
- Meditation and yoga
- Nutritionists



Receive and give support during Breast Cancer Awareness Month this October.

**Find breast cancer support and resources at
weillcornell.org/breastcenter**



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