



NEWS



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Breast health education and free transportation to breast health appointments highlighted during Breast Cancer Awareness Month

BLOOMINGTON, IL- October is Breast Cancer Awareness Month, an annual health campaign organized to increase awareness of the disease and the importance of early detection. During October the McLean County Health Department is bringing focus to services available to county residents because the best defense against the disease is awareness, prevention and early detection.

Free transportation to and from medical breast health appointments is available to McLean County residents who could use help getting to their appointments. Residents needing to arrange for transportation for scheduled mammogram appointments or other breast health services can contact health promotion specialist Katie McHugh at (309) 888-5954 for assistance. Transportation is provided in partnership with the YWCA's Medivan program with funding through a grant from the McLean County Affiliate of the Susan G. Komen Breast Cancer Foundation.

On October 14th, Breast Health will be the topic of a *Lunch and Learn* program scheduled at the health department from 12:10 p.m. until 12:50 p.m. The lunchtime program will provide information about the risk factors associated with breast cancer, early detection methods, signs and symptoms of breast cancer, and ways to reduce the risk for breast cancer. Attendees can win prizes playing Breast Health Bingo and there will be light refreshments provided. The program is free and open to the public. To register for the *Lunch and Learn* program, contact health promotion specialist Katie McHugh at (309) 888-5954.

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The McLean County Health Department is committed to reducing breast cancer mortality in McLean County by increasing breast cancer awareness and promoting early detection through education. The health department is able to provide breast health education programs and materials throughout the county with grant funding from the McLean County Affiliate of the Susan G. Komen Breast Cancer Foundation and the Carolyn Adams Ticket for the Cure Grant Agreement with the Illinois Department of Public Health.

Through *Worship in Pink*, the health department reaches out to members of churches in rural and minority communities where there are often lower rates of breast health education and mammography. Health Promotion staff members have been presenting information about the initiative to area church leaders as a way to open the lines of communication about breast health, promote breast cancer education, and celebrate the lives of those who have fought breast cancer. Anyone interested in bringing the *Worship in Pink* program to their place of worship is asked to contact health promotion specialist Katie McHugh at (309) 888-5954. A non-religious version of this program is also available to interested groups and organizations.

For more information about breast health, visit the McLean County Health Department's website at: <http://health.mcleancountyil.gov>. The McLean County Health Department is dedicated to the prevention and control of disease through health promotion, early intervention and health protection within the county. Follow us on Twitter (@McLeanHealth) and "Like" us on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

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