



## **Portsmouth Firefighters Show Support for Breast Cancer Awareness**

**Article written by: Lieutenant S.A. Doney**

During the weekends of October, Portsmouth's finest Fire and Rescue personnel will be hanging up their blue uniform shirts and choosing to wear pink. They will be joining forces with the Susan G. Komen Tidewater Foundation to spread awareness, education and give financial support. When you see them out in the community in their Pink T-Shirts, we encourage you to introduce yourself to them and ask about their mission. They will give you information that will help better educate you about breast cancer. Remember early detection is the key to survival by educating our communities about the importance breast health.

Susan G. Komen fought breast cancer with her heart, body and soul. Throughout her diagnosis, treatments and endless days in the hospital, she spent her time thinking of ways to make life better for other women battling breast cancer instead of worrying about her own situation. That concern for others continued even as Susan neared the end of her fight. Moved by Susan's compassion for others and committed to making a difference, Nancy G. Brinker promised her sister that she would do everything in her power to end breast cancer forever.

That promise is now Susan G. Komen for the Cure, the leader of the breast cancer movement. The Tidewater affiliate was founded in 1999. You may not know that 75% of all net monies raised and donated to the Tidewater affiliate are awarded as grants to local breast service groups in the 21 counties of Southeastern Virginia that comprise our service area. This year we were able to distribute over \$400,000 in local grant money. This year's recipients included eleven breast health service groups that will be providing education, screening and treatment to women in Southeast Virginia. The remaining 25% is pooled with other affiliates and used solely for breast cancer research and development.

As the world's largest grassroots network of breast cancer survivors and activists, we are working together to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to the many, many volunteers, Race for the Cure participants, sponsors and community partners that we are able to accomplish what we do, but there is still a lot more work to be done. The Portsmouth Fire and Rescue personnel are stepping up, taking action and joining the fight to end breast cancer forever.

### **Here are some facts about Breast Cancer:**

- 1 in 8 women in the United States will be diagnosed with breast cancer during her lifetime
- 1 in 40 men will get breast cancer in his lifetime
- 98% Survivor Rate for Women diagnosed in the early stages
- For every \$100 raised we can screen a woman who would not be able to afford it.

In the last two years Komen Tidewater has granted over \$1,000,000 to local programs that provide screening, education and treatment support for women and men in need.

## **Breast Health Basics**

- Except for skin cancer, breast cancer is the most common type of cancer among women today.
- Being a woman is the number one risk factor for breast cancer. Your breast cancer risk increases as you get older.
- Most women who get breast cancer have no other known risk factors.
- Although breast cancer is more common in women over the age of 40, younger women can also develop breast cancer.

## **What can you do**

### **Know your risk**

- ✓ Talk to your family about your health history.
- ✓ Talk to your doctor about your personal risk.

### **Get Screened**

- ✓ Ask your doctor which screening tests are right for you if you are at a higher risk
- ✓ Have a mammogram every year starting at age 40 if you are at average risk
- ✓ Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40.

### **Make healthy lifestyle choices**

- ✓ Maintain a healthy weight
- ✓ Add exercise into your routine

### **Limit alcohol intake**

**Know what is normal for you and see your health care provider right away if you notice changes, no matter how small.**

### **For more info please contact:**

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**Please scroll down to see photos of Portsmouth Firefighters in their pink shirts in support of breast cancer awareness efforts.**





