



Proudly part of

Panhandle

Public Health District

NEWS RELEASE

September 23, 2024

For immediate release

For more information, contact: **Nicole Berosek** at 308-279-3496 or nberosek@pphd.ne.gov

Breast Cancer Awareness Month is a time to remember the importance of regular checkups and self-exams

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women.

Substantial support for breast cancer awareness and research funding has helped create advances in the diagnosis and treatment of breast cancer. Breast cancer survival rates have increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.

Below are a few signs and symptoms of breast cancer:

- A breast lump or thickening that feels different from the surrounding tissue.
- Change in the size, shape or appearance of a breast.
- Changes to the skin over the breast, such as dimpling.
- A newly inverted nipple.
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin.
- Redness or pitting of the skin over your breast, like the skin of an orange.

Bailey Kling, a 31-year-old Scottsbluff-area breast cancer survivor reminds us that, "Early detection is key and sometimes there are no symptoms prior to a breast cancer diagnosis. My mission is to encourage others to educate themselves on how to do self-exams as well as continue to advocate for earlier screening for women of all ages. A self-exam saved my life. Together, we can make a difference."

The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.