

Pink reminder: Get a mammogram

Special to the Times-News

October was National Breast Cancer Awareness Month. Since the awareness program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

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

In order to raise awareness about the importance of routine breast cancer screenings, the staff of Blue Ridge Community Health Services dressed in pink on Oct. 13. Staff from all of Blue Ridge's facilities, family practice, pediatrics, dental clinic and school health participated in the special campaign.

Medical providers and clinical staff wore pink shirts, scrubs, finger nails and even pink hair. It worked. When people saw Blue Ridge's pink staff and asked, it provided an opportunity to remind them that the women in their lives should have routine screenings.

"We know that age and gender are the most predictive risk factors for breast cancer. If all women started getting mammograms at age 40, breast cancer death rates would drop up to 30 percent," says Dr. Shannon Dowler, BRCHS medical director. "The key to mammography screening is that it be done routinely — once is not enough. Remind the women in your life how much they mean to you and the importance of regular health screenings — it might just save a life."

Call BRCHS at 692-4289 or your medical provider



PHOTO PROVIDED

The staff of Blue Ridge Community Health Services dressed in pink on Oct. 13 to promote awareness of breast cancer prevention.

today to schedule a routine screening.

For more information, call one of the following toll-free numbers: American Cancer Society at 800-227-2345, National Cancer Institute at 800-4-CANCER, or Y-ME National Breast Cancer Organization at 800-221-2141.

BRCHS has been serving Hendersonville and the surrounding communities for more than 45 years, providing high-quality, affordable medical and dental care, increasing access to health care for all, with special emphasis on the underserved and the uninsured.

BRCHS health centers consist of William F. Sokes Jr. Dental Center, Kate B. Reynolds Children's Center, Blue Ridge Family Practice and school-based health centers at Apple

Valley Middle, North Henderson High and Bruce Drysdale Elementary. BRCHS is accredited by the Joint Commission.

For more information, to

ask questions or make comments about BRCHS, write to BRCHS at P. O. Box 5151, Hendersonville, NC 28793, call 692-4289 ext 2509 or visit www.brchs.com.

Family files lawsuit after live man put in body bag

The Associated Press

RALEIGH — North Carolina's appeals court is considering a lawsuit filed after

resuscitate him. When a county paramedic arrived, the first paramedic asked the second to check Green

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