



# KARL VAN ROY

STATE REPRESENTATIVE

**For Immediate Release**  
**Contact: Rep. Karl Van Roy**

**October 11, 2005**  
**1-888-534-0090**

## **BREAST CANCER AWARENESS MONTH**

*Van Roy says early detection is paramount in preventing breast cancer*

**MADISON...** October is National Breast Cancer Awareness Month and State Representative Karl Van Roy (R-Howard) reminds women that as they age, it becomes even more important to monitor their health.

“Mammography screenings are a woman’s best chance for detecting breast cancer early,” said Van Roy.

Annual mammography screening for women over 40 is vitally important to early detection according to the National Breast Cancer Awareness Month Organization.

“It is essential that women are checked for breast cancer early and regularly,” Van Roy said. “It can be frightening to think about but taking preventative steps today can mean the difference between life and death tomorrow.”

In addition, the National Cancer Institute says making some of the following lifestyle improvements can help prevent the life-threatening condition:

- **Decrease daily fat intake** - Reducing saturated or hydrogenated fats helps prevent health problems such as heart disease.
- **Increase fiber** - The fiber found in whole grains, vegetables and fruits can help prevent many types of cancers.
- **Eat fresh fruits and vegetables** – Fruits and vegetables have excellent antioxidant properties that may help prevent cancer.
- **Limit alcohol** – A small increase in risk exists for women who average two or more drinks per day.
- **Stay active** – Maintain your recommended body weight since excess fat may stimulate estrogen production.
- **Don’t smoke** – Smoking can increase the chance of blood clots, heart disease, and other cancers that may spread to the breast.

To receive information on obtaining low cost mammogram visit the Wisconsin Department of Health and Family Services website at <http://dhfs.wisconsin.gov/womenshealth/wwwp/index.htm> for a complete listing by county or contact Rep. Van Roy’s office toll-free at 1-888-534-0090.

###