

**Family Living  
Focus**

**Beth Van Horn**  
Centre Co.  
Extension Agent



**RIBBONS TO RAISE  
AWARENESS OF  
BREAST HEALTH**

UNIVERSITY PARK (Centre Co.) — How many women in the U.S. have died of breast cancer in this century? More than all the U.S. citizens killed in the combined conflicts of World War I, World War II, Korea, Vietnam and the Persian Gulf.

Fortunately, early detection through breast self-exams, clinical exams, and mammograms can increase a woman's chance of surviving breast cancer. Unfortunately, not enough women practice these three important steps to breast health and cancer deaths continue to occur.

October is Breast Cancer Awareness Month. Across the nation, family members, community groups and cancer coalitions are gearing up to remind us that through self awareness, capable medical care and family support, a woman's chance of surviving breast cancer is very good.

In Pennsylvania and New York, cancer coalitions involved in the Northern Appalachia Leadership Initiative on Cancer (NALIC) will raise awareness by wrapping 30,000 yards of pink ribbon around the trees in their communities. "While these ribbons remind us of survival and hope, they also remind us of the losses of our friends, family, and loved ones to this unfortunate disease," said Ann Ward, project manager of NALIC.

Cancer awareness, education, and early detection efforts of programs like NALIC are only part of the solution.

"The pink ribbons also will serve as a reminder that more resources for treatment are needed now to treat women who are uninsured when their cancers are found," said Ward. "And support is needed within our own communities to let women know that if they lose a breast to this disease, they will not lose the love of

their families, their inherent beauty, their position in their job, or their health care coverage."

Lastly, more research funding is needed from federal and private organizations to determine the cause and best treatment of breast cancer.

"October is a time to concentrate our year-long efforts in publicizing the need for greater vigilance on the part of women for their own health care," said Cam Armstrong, NALIC field coordinator. "Anyone can learn early detection skills. Our coalitions work with the Pennsylvania Department of Health's Healthy Woman 50+ program and New York's 'Breast Health Partnerships' to provide education and free mammograms for women that fall within their income guidelines.

"Additionally, anyone can call the Cancer Information Service of the National Cancer Institute at 800-4-CANCER for information

on the free mammography programs (mentioned above) cancer treatment options, and survivor issues," Armstrong noted.

NALIC was funded by the National Cancer Institute (NCI) five years ago in response to the high cancer rates that have long effected rural, low-income Appalachian communities. In Pennsylvania, coalitions in Allegheny, Indiana, Crawford, Venango, Forest, Elk, Clearfield, Lawrence,

Montour, Snyder, Susquehanna, and Tioga counties and Chautauqua and Delaware counties in New York are working to build organizational partnerships, get community people involved, encourage local leadership, and get uninsured women screened for breast and cervical cancer.

For more information on NALIC, call Ann Ward, NALIC project manager, at (814) 863-8693.



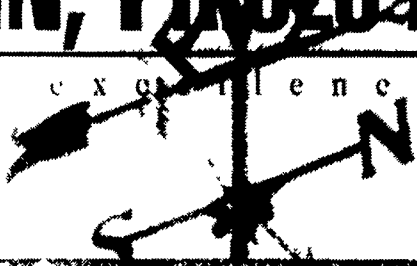
**industry update**

The United States has moved from seventh to second place in world pork-export rankings in the last 10 years. Trade experts say the United States is poised to become No. 1 in pork exports by the year 2000.

*This message brought to you as part of National Pork Month*

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