



BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month. It began in 1985 as a partnership between the American Cancer Society and Imperial Chemical Industries. Betty Ford, a survivor of breast cancer, helped kick off the event, and in 1992 the now famous pink ribbon was first used by Estée Lauder to be a visual reminder of breast cancer awareness.

Why do we need to be reminded about breast cancer? It is estimated that more than a third of women do not check their own breasts. The goal of this article, and the goal of the pink ribbon, is to remind you! You are checking for signs and symptoms of breast cancer. After skin cancer, breast cancer is the most common cancer in women in the United States. Each year it accounts for about 30% of all female cancers. The overall average risk for a woman in the US to develop breast cancer during her lifetime is about 13% (or 1 in 8). Breast cancer is the second leading cause of cancer deaths in women. Lung cancer is the more prolific killer. The chance that any woman in the U.S. will die from breast cancer is about 2.5% (or 1 in 39). The American Cancer Society estimates that in 2022 there will be over 287 thousand cases of invasive breast cancer, and that over 43 thousand women will die from breast cancer. The median age of breast cancer diagnosis is 62. And let us not forget the men in whom there are more than 2,500 cases of breast cancer every year.

You cannot change your family history, but there are things you can avoid or do to decrease your risk of developing breast cancer.

AVOID: alcohol, smoking, sedentary lifestyle, and increased weight.

DO: physical activity, eat a healthy diet, breast feed your children, and examine your breasts.

You should palpate and look at your breasts. Do you see or feel anything that is new or unusual? Is there a lump in your breast or armpit? Is there puckering of the skin? Is there a change in color of the breast? Is there any nipple change (discharge, color, inverted)? Is there any discomfort in your breast or armpit? If you are aware of any of these changes make an appointment with your primary health care professional to discuss further evaluation. The United States Preventive Services Task Force (USPSTF) recommends that women who are 50 – 70 years old and at average risk for breast cancer get a mammogram every two years. Women 40 – 49 years old should talk to their physician about when to start.

There are many excellent online sites to help answer your questions. Here are four:

www.nationalbreastcancer.org
 www.cdc.gov
 www.lbcc.org
 www.cancer.org/cancer/breast-cancer.html

DUNBARTON POLICE DEPT

MOTOR VEHICLE ENFORCEMENT

During the month of August, Dunbarton Police Officers completed the following traffic enforcement efforts:

- 116 Motor Vehicle Stops Conducted
- 34 Motor Vehicle Citations Issued
 - 8 Speed Citations
 - 20 Non-Inspection Citations
 - 2 Unregistered Vehicle Citations
 - 1 Failure to Yield to Emergency Vehicle Citation
 - 1 Expired License Citation
 - 1 Yellow Line/Highway Markings Citation
 - 1 Following too close citation

*Some citations may have been issued in conjunction with an arrest.



The Dunbarton Police Department was chosen to receive a Concord Regional Crimeline Grant after a competitive application process. Chief Chris Remillard was presented with the grant award during the Concord Regional Crimeline's Annual Golf Tournament at Beaver Meadow Golf Course in Concord.

This grant allows the Dunbarton Police Department to establish a bicycle patrol program to enhance crime prevention and community policing capabilities. The bicycles will augment patrols in and around various trail systems, recreational areas and densely populated neighborhoods in Dunbarton as well as during community events such as Old Home Day, Halloween, Coffee with a Cop, our Annual Bicycle Rodeo and various school functions.



Implementation of this program is at no cost to local taxpayers.



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE
 ericcooke137@gmail.com

54 Woodhill Road
 Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland

