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DOH-WALTON PROMOTES EARLY DETECTION AND TREATMENT TO FIGHT BREAST CANCER



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DeFuniak Springs, Fla. — In recognition of Breast Cancer Awareness Month in October, the Florida Department of Health in Walton encourages all women to receive regular screenings to promote early detection and treatment of breast cancer. Aside from non-melanoma skin cancers, breast cancer is the most common cancer in women. Over the last decade, survival rates have increased, however, early detection continues to be critically important.

“Staying at a healthy weight, being physically active, and limiting how much alcohol you drink can help reduce your risk of breast cancer. Early detection is the key to successful diagnosis and treatment” said Holly Holt, Health Officer.

According to the Centers for Disease Control and Prevention (CDC), the risk of breast cancer increases with age. Mammograms are the best way to find breast cancer early, when treatment is more effective. Women should talk with their health care provider about individual risk factors and the frequency of receiving mammograms.

The CDC recommends regular mammograms and paying attention to the following changes in the look and feel of the breast, including:

- A new lump in the breast;
- A lump that has changed in size;
- A change in the size and shape of the breast;
- Pain in the breast or nipple that does not go away;
- Flaky, red or swollen skin anywhere on the breast;
- A nipple that is very tender or that begins to turn inward; and
- Blood or any other type of fluid coming from the nipple that is not milk when nursing a baby.

The [Florida Breast and Cervical Cancer Early Detection Program \(FBCCEDP\)](#) provides access to the breast and cervical cancer screenings doctors recommend. The screenings are free or low cost if you meet program eligibility requirements. To see if you qualify, call DOH-Walton at 850-892-8015 on the program.

Medicare insurance also provides mammograms to women age 65 and older without a copay. Please call 1-800-633-4227 for information on receiving mammograms through Medicare.

About the Florida Department of Health

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