

Jackson County Department of Public Health

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JCDPH WINS GRANT FOR BREAST CANCER PREVENTION FROM THE GREAT SMOKIES HEALTH FOUNDATION

The Jackson County Department of Public Health was a recipient of the 2015 Thrift Shop Grant Program through the Great Smokies Health Foundation. Focused on health issues and evidence-based practices to improve health and wellness in our community, the Great Smokies Health Foundation selected to fund the Breast and Cervical Cancer Control Program (BCCCP) implemented through the Health Department.

BCCCP provides free or low-cost breast and cervical cancer screenings and follow-up to eligible women in Jackson County. As statewide program, BCCCP strives to provide services to over 12,000 women annually. With support from the Great Smokies Health Foundation, BCCCP will be able to provide additional mammograms, Pap tests, diagnostic procedures, and more to women in need in Jackson County.

According to North Carolina's State Center for Health Statistics, 9,772 women in North Carolina will be diagnosed with and 1,391 will die of breast cancer in 2015. It is more important than ever that we spread the message that early detection and prompt treatment of breast cancer saves lives. October is Breast Cancer Awareness Month, dedicating to increasing awareness about the importance of early detection of breast cancer, celebrating the lives of the many women who survived, and remembering those lost.

Jackson County Department of Public Health encourages all women to take charge of their health by going for regular breast screenings. Regular screening tests for breast cancer, such as an annual mammogram or clinical breast exam during your annual checkup, allow you and your doctor to ensure your breasts are as healthy as they can be. Breast screenings check a woman's breast for cancer before noticeable signs or symptoms are present. There are three main tests used to screen for breast cancer:

- Breast self-exam is when you check your own breasts for lumps, swelling or changes in the breast appearance.
- Clinical breast exam by a doctor or nurse.
- Mammogram is an X-ray of the breast to detect early breast cancer.

For questions about BCCCP or to see if you qualify for a free mammogram, call Debbie Hage, RN Program Manager at 587-8290.

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