



FOR IMMEDIATE RELEASE
INDIAN STREAM HEALTH CENTER
141 Corliss Lane
Colebrook, NH 03576
603-237-8336
Contact: Shirley Powell, CEO
603-388-2416
October 18, 2011

ISHC Celebrates Breast Cancer Awareness Month

Indian Stream Health Center (ISHC) and its Board of Directors would like to inform the community that October is Breast Cancer Awareness month. To celebrate, ISHC honored Wear Pink Day on October 19th and has been distributing goodies to patients attending the Women's Health Program throughout the month of October. There is a table setup in the Lower Level Lobby with pamphlets and free gifts. ISHC has many great Women's Health services for patients to take advantage of.

Breast cancer is the most common form of cancer in women in the United States. It affects both men and women, though it is more prevalent in women. Statistics from the American Cancer Society estimate that 192,370 new cases of breast cancer will be diagnosed within the next year. It is a treatable disease and there are currently 2.5 million survivors of breast cancer living within the U.S. For early detection the National Breast Cancer Awareness Month Association recommends:

- Obtaining regular mammography screenings starting at the age of 40
- Obtaining annual clinical breast exams
- Performing monthly breast-self exams
- Obtaining a risk assessment from a physician

ISHC's Women's Health Program provides same day physical exams and screenings for cervical cancer, breast cancer, and osteoporosis identification. Screenings for cardiovascular disease as well as education regarding topics in women's health are provided. ISHC has resources available for uninsured patients through the Breast and Cervical Cancer Programs, Let No Woman Be Overlooked, Ladies First, and the Susan G. Komen for the Cure Foundation.

For the month of October ISHC encourages everyone to learn more about breast cancer. "Our Women's Health Program offers a variety of services and our collaboration with UCVH allows provision of same day mammograms. This makes it easier for patients to have their medical screening needs met at one time," said Jill Gregoire ISHC's Quality Assurance and Clinical Operations Director.

ISHC encourages the community to participate in Wear Pink Day October 19th and for patients to stop in to schedule their women's health checkups and screenings. To learn more about ISHC's Women's Health Program please contact Billie Paquette at 603-388-2430 or visit <http://www.indianstream.org/services/womenshealth.html>.