

October is Breast Cancer Awareness Month

The month of October has been declared as Breast Cancer Awareness Month to raise public awareness on breast cancer, the most prevalent type of cancer among women in the country today and to stress the importance of the early detection of breast cancer.

According to statistics, breast cancer ranks next to lung cancer as the most common type of cancer in the country which has the highest incidence of breast cancer in Asia. The Philippine Cancer Society (PCS) said that in 2005 alone, an estimated 14,000 new cases of breast cancer with 6,000 deaths was recorded.

The Philippine Cancer Control Program (PCCP) of the Department of Health (DOH) which leads the campaign against breast cancer in the country recommends regular physical check ups and self-breast examination (SBE) as breast cancer early detection tools. "Early detection of breast cancer increases the chances for a successful and effective treatment, survival and recovery. Women who are 40 years old and above are advised to undergo a mammography test once a year or earlier for those at a higher risk", the PCCD said.

Risk factors for breast cancer include family history, early onset of menstruation, late age of pregnancy, non-pregnancy, high fat diet and age.

The Philippine Foundation for Breast Cancer Care, Inc. (PFBCI) in cooperation with the Philippine Wacoal Corporation will hold a free breast cancer seminars titled

“keep abreast” today Oct. 7 at 9a.m., and Oct.14 at 2p.m. at the Asian Institute of Management (AIM) in Makati City and on Oct. 21 at 9a.m. at the Philippine Stocks Exchange (PSE) in Ortigas Center, Pasig City. It is open to the public. (Christina I. Hermoso)