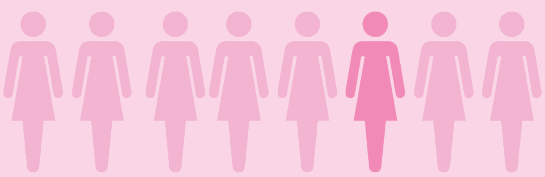


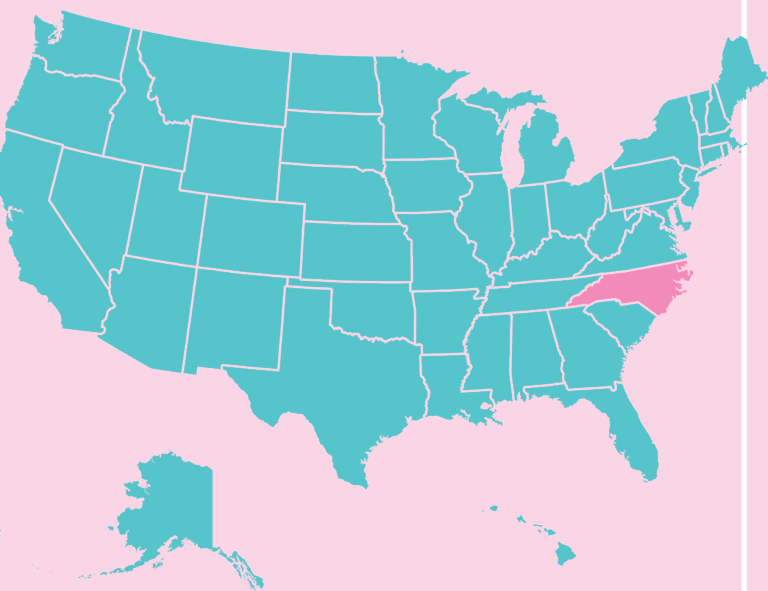
OCTOBER *is* Breast Cancer AWARENESS MONTH



APPALACHIAN REGIONAL
HEALTHCARE SYSTEM



One in 8 women will develop breast cancer in their lifetime.¹



Breast Cancer is the most common cancer among women with **284,200 new cases** expected in the United States in 2021.²

In 2019, Breast Cancer was at the top of the list for number of new cases - 89- at the Seby B. Jones Regional Cancer Center in Boone. For North Carolina the number of new cases in 2020 was **9,340**.³

Catch cancer early with Breast Cancer Screenings

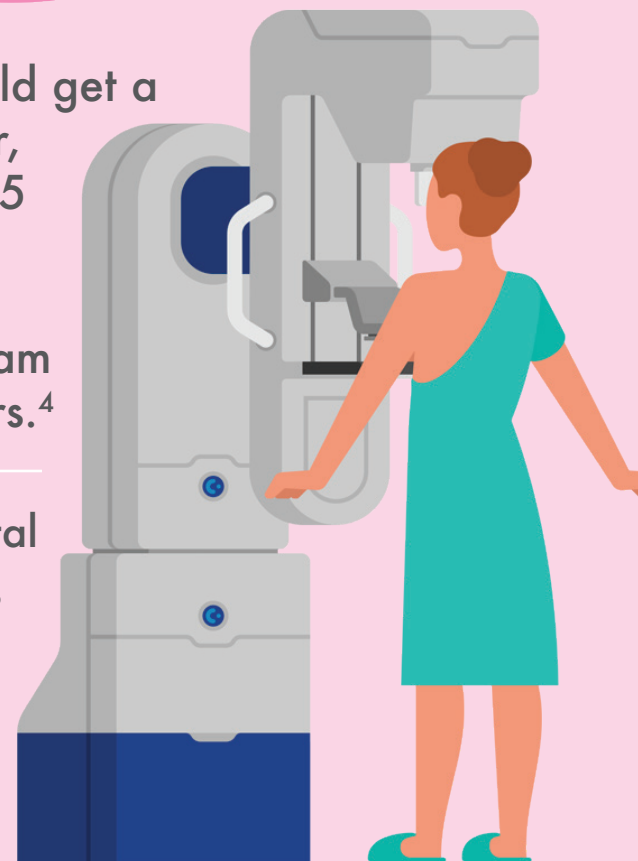
40

Is the age by which women should have their first mammogram.⁴

Women age 40-54 should get a mammogram every year, while women who are 55 and older should get a mammogram every 2 years.⁴



In 2020, there were a total of **6,796** mammograms performed at the Breast Center in Boone and Cannon Memorial Hospital in Linville according to their respective mammography supervisors Gloria Payne and Patricia Ferguson.



Schedule your mammogram today!



828-268-9037

For more information about Breast Services offered through Appalachian Regional Healthcare System, scan the QR code or visit our website at: apprhs.org/mammogram

¹ https://www.breastcancer.org/symptoms/understand_bc/statistics

² <https://www.cancer.gov/types/common-cancers>

³ Seby B. Jones Regional Cancer Center Annual Report 2019.

⁴ <https://www.cancer.org/healthy/find-cancer-early/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>