

Business First Lifestyle Column
Submitted 9/26

As a breast cancer survivor and president of the Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation, I'd like to take a moment to talk about how early detection saved my life. Twelve years ago, "I didn't have the time" to get myself properly checked. It was only because my firm, Vorys Sater Seymour and Pease, brought a mobile mammography unit onsite that I didn't have an excuse. They found something; and I was forced to take the time to deal with it.

Twelve years later, I'm a breast cancer survivor because my breast cancer was found early. It is **imperative** that all women take the following three-pronged approach to guard against this dreaded disease AND to take quick action when they find something suspicious:

- **Monthly Breast Self-Exam:** By age 20, women should be conducting a monthly breast self-exam. For a complete tutorial on the proper method, please check out our all-new website: www.komencolumbus.org
- **Clinical Breast Exam:** Starting at age 20, women should have a clinical breast exam at least every three years and annually from age 40 on.
- **Annual Mammograms:** Starting at age 40, women must have an annual mammogram

October is Breast Cancer Awareness Month, so what better month to start your early detection regimen? One in seven women in the United States will develop breast cancer in her lifetime. However, there is a 95 percent cure rate when breast cancer is caught in its early stages. If we all go the extra mile to monitor our bodies, we can reduce the amount of breast cancer deaths. I'm living proof that it's worth taking the time.

For more information on breast health care, Komen Columbus and how you can receive our free twice-yearly newsletter, please visit www.komencolumbus.org, call 614-297-8155 or email info@komencolumbus.org.

Sincerely,

Susan Brown
President, Komen Columbus Race for the Cure

Susan Brown is the president of The Columbus Affiliate of the Susan G. Komen Breast Cancer Foundation – the producer of the Komen Columbus Race for the Cure. Komen Columbus services an 18-county service area by:

- *Educating its communities on the vital importance of early detection as a key to breast cancer survival;*
- *Seeking out and funding grants for breast cancer screening, treatment and support programs – particularly for the underserved;*
- *Being responsible stewards of participants' gifts and trust; and*

- *Providing up to date information, encouragement and hope to women and men living with breast cancer – from the newly diagnosed to long-term Survivors, their families and friends.*