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MEDIA RELEASE

BREAST CANCER AWARENESS AT WIMMERA HEALTH CARE GROUP

October is Breast Cancer Awareness Month and Wimmera Health Care Group's McGrath Breast Care Nurse Elizabeth King is using the opportunity to highlight the importance of being breast cancer awareness.

Throughout October there will be a display in the hospital foyer, with a range of information available about breast cancer awareness. Mrs King urged people to call in, take a look at the display, and contact her if they have any questions.

As part of Wimmera Health Care Group's breast cancer awareness campaign, Mrs King and the Community Health Nurse Team also organised a Pink Day for staff at the Horsham and Dimboola Campuses. Staff came to work dressed in pink and they ate pink food. "Approximately 60 staff collected information about breast awareness and participated in free health checks" she said.

Mrs King said that breast cancer affects women of all ages and it is important that women examine their breasts regularly to detect any changes. "Self examination is very important. If you're aware of how your breasts normally look and feel, you're more likely to notice changes early on" she said.

Mrs King said that the McGrath Breast Care Nurse service at Wimmera Health Care Group provides physical, psychological and emotional support for women diagnosed with breast cancer and their families from the time of their diagnosis and throughout their treatment.

"The program also aims to promote a greater level of self breast awareness in women. Whilst 9 out of 10 breast lumps are not cancerous, it is important to note any changes as soon as they occur" she said.

Mrs King said that the service is provided across the Grampians region from Stawell to the South Australian border, through to Hopetoun and Edenhope. Mrs King is available to talk to groups about breast self awareness and can be contacted on ph. 0428 210 105.