



About 1 in 8 women born today in the U.S. will get breast cancer at some point in their lifetime. After skin cancer, breast cancer is the most common kind of cancer in women. This reality is staggering. But there is hope. Join us in the fight.

**October is National Breast Cancer Awareness Month**, and it's an opportunity for healthcare professionals to raise awareness of breast cancer, share information on the disease, and provide access to preventive services. Utilize the following resources to spread awareness among patients and their family, as well as staff members and help reduce the risk of breast cancer in Virginia.

- Wear a pink dress, shirt, tie, or ribbon--the international symbol for breast cancer awareness--throughout the month of October.
- Post the following educational materials in your office or distribute them to patients, family, and staff members.
  - [Breast self-exam](#)
  - [Steps to Breast Self-Examination](#) door hanger (English and Spanish)
  - [Breast Cancer: What You Need to Know](#) fact sheet ([Spanish](#))
  - [Mammograms](#) fact sheet ([Spanish](#))
  - [Medicare mammogram coverage](#) information

In addition, take time to celebrate **National Mammography Day, October 18**. This special day seeks to encourage women, especially older women and those in underserved communities, to receive a preventive mammogram and become empowered in the fight against breast cancer. Many facilities offer free or low-cost mammograms on National Mammography Day. **Women can call 1-866-395-4968 to find out if they qualify for free or low-cost mammograms and where to get screened.**

**Additional resources:**

- [National Breast Cancer Foundation](#)
- [CDC National Breast and Cervical Cancer Early Detection Program](#)
- [National Cancer Institute](#)
- [American Cancer Society](#)

**VHQC is here to help you help those in your community.** [Contact us](#) if you'd like more information on this important health topic or if you'd like access to additional resources.

