



**FOR IMMEDIATE RELEASE: SEPTEMBER 22, 2010**

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**Health Check Offered at Edith Wheeler Memorial Library In Observance of  
National Breast Cancer Awareness Month**

*Program Sponsored by the Library, TMHD, and St. Vincent's Hospital*

Haven't found the time to schedule your mammogram? There is no reason to put it off any longer. The Edith Wheeler Memorial Library, Trumbull Monroe Health District (TMHD), and St. Vincent's Hospital are celebrating National Breast Cancer Awareness Month by sponsoring Health Check, a program that offers mammography, blood pressure and facial analysis screenings, on Saturday, October 16, 2010, at the library, 733 Monroe Turnpike, Monroe, from 10:00 a.m. – 2:00 p.m. Appointments are necessary for mammography screenings. Call St. Vincent's at 203-576-5505 to schedule an appointment. A referral from your physician is required. Bring your insurance card at the time of visit. Free screenings are available for those with no insurance and financial limitations who qualify.

“We are delighted to partner with two wonderful organizations on this program,” said Patrice Sulik, TMHD Director of Health. “It is a great opportunity to provide quality and convenient services to our residents and patrons of the library. TMHD will be on-site offering free blood pressure and facial analysis screenings to those interested.”

Cancer is the second leading cause of death in the United States. The American Cancer Society estimates that there will be 207,090 new cases of invasive breast cancer in women in 2010; 2,960 cases of breast cancer in Connecticut women, resulting in 490 deaths. Mammograms are very

effective in detecting breast abnormalities. Risk factors include being female, age, and family history of breast cancer.

In observance of National Breast Cancer Awareness Month, TMHD wants to remind women to practice regular self-breast exams and to contact your local healthcare provider immediately should you detect any abnormalities or have concerns. Self-breast exams are simple to perform and a great preventive tool for early detection of breast cancer in its most curable stage. Contact your local hospital physician referral line if you do not have a healthcare provider.

Don't put off scheduling your mammogram any longer. Call St. Vincent's today at 203-576-5505!

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit our website at [www.tmhd.org](http://www.tmhd.org).