

Hospital Happenings – Oct. 2008

"One Step Closer to Help and Hope"

Montrose Memorial Hospital is again pleased to be the presenting sponsor of the 16th Annual Bosom Buddy Walk / Run, which will be held, Saturday, October 11 at 9:00am. Registration begins at the Montrose Pavilion at 8:00am. You may pick up registration forms at KUBC/KKXX, City Market, Safeway, Montrose Memorial Hospital or on line at www.MontroseHospital.com. The registration fee is still only \$25.00, which includes your registration and a long sleeve t-shirt. We encourage you to pre-register so we have enough shirts for everyone on the day of the walk.

One of the most exciting things about this event is that ALL of the money that is raised stays in southwest Colorado. The Breast Cancer Support Group of Southwestern Colorado also known as, *Bosom Buddies*, uses the money to help women and men with mammograms, breast biopsies, chemotherapy, radiation treatment, travel to treatment, and other expenses associated with breast cancer. Last year we had 885 people participate in the Walk/Run and we raised over \$60,000. The event planners hope to surpass that amount this year.

Breast cancer is the leading cause of cancer deaths among women ages 40-59. The two most significant risk factors are being female and getting older. The majority of women have no known significant family history or other known risk factors. Only 5-10% of breast cancers are due to heredity.

So what can you do? Mammography is the best known method of early detection. Mammography has the ability to detect breast cancers before they can be felt. However, a small percentage of breast cancers - even lumps one can feel - don't show up on x-rays. Therefore, it is also important for women to perform monthly breast self-examination and to have a clinical breast examination by a trained medical professional.

A Silent Auction will kick off the Bosom Buddies Breast Cancer Awareness weekend on Friday, October 10 at the Holiday Inn Express beginning at 6:00pm. So mark October 10 and 11 on your calendar, bring a friend, and join the Bosom Buddy Walk/Run "One Step Closer to Help and Hope". It's for a great cause and it's also a lot of fun!