

FIGHTING THE SILENT KILLER OF DELTA WOMEN

The Boys, Girls, Adults Community Development Center observed Breast Cancer Awareness Month with special activities in October, but breast cancer is a year-round concern at the center.

Awakening people to the risks of breast cancer and countering the disease has to be a year-round job because the statistics are

so shocking, especially in the Delta. Breast cancer is the most commonly diagnosed cancer among black women and the leading cause of death of black women between 45 and 64 years old.

While breast cancer occurs less frequently among black women than white women, it is far deadlier. The death rate from the disease for women in the middle-age group is 60 percent higher for black women than for white women, and black women have a much lower survival rate.

So, each year BGACDC brings the mobile Mammography Unit from St. Bernard's Medical Center at Jonesboro to the center for breast screenings, as part of the Witness Project to provide screenings to uninsured and underinsured African Americans. BGACDC provides transportation to those who need it. Year round, BGACDC encourages women to perform self-examinations and to eat healthily.

Women in Phillips County and throughout the Delta can protect themselves by doing frequent self-exams, exercising regularly (BGACDC provides an exercise room five days a week), getting plenty of sleep and regularly eating lots of vegetables like cabbage, turnip greens, spinach and broccoli. They will help save your life.



BGACDC staff and volunteers wear pink to emphasize the need to become aware of breast cancer and how it can be discovered and prevented.



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