



## **Breast Cancer Awareness Month 60 Sec PSA**

October is Breast Cancer Awareness Month. Did you know that in addition to having regular mammograms to detect breast cancer early, there are other lifestyle changes you can make to help reduce your risk?

You can reduce your risk of breast cancer by staying at a healthy weight, being physically active, and limiting how much alcohol you drink; regular mammograms can often find breast cancer early when treatments are more likely to be successful.

Women age 40 to 64 may qualify for free breast cancer screenings through the Alabama Breast and Cervical Cancer Early Detection Program if they have limited income and have no insurance or are under-insured.

Free services include a clinical breast exam, mammogram, and diagnostic services such as an ultrasound or biopsy, if needed. For more information about free screenings, call the Alabama Department of Public Health toll-free at 877-252-3324 or contact your local county health department.

**For more information, contact: Brandon Vaughn**  
**[brandon.vaughn@dph.state.al.us](mailto:brandon.vaughn@dph.state.al.us) / 334-206-2080**