



**On behalf of the Health Ministry of Zion Baptist Church,
We want to remind you October is Breast Cancer Awareness Month:**

~~~~ Breast cancer is a type of cancer that starts in the breast. Cancer starts when cells begin to grow out of control. Breast cancer cells usually form a tumor that can often be seen on an x-ray or felt as a lump. Breast cancer occurs almost entirely in women, but men can also get breast cancer

~~~~ It is the most common cancer in American women, except for skin cancers. Currently, the average risk of a woman in the United States developing breast cancer sometime in her life is about 13%. This means there is a 1 in 8 chance a woman will develop breast cancer. *This also means there is a 7 in 8 chance she will never have the disease.*

~~~~ **The American Cancer Society estimates for breast cancer in the United States for 2020 are:**

- About 276,480 new cases of invasive breast cancer will be diagnosed in women.
- About 48,530 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).
- About 42,170 women will die from breast cancer.

At this time there are more than 3.5 million breast cancer survivors in the United States. This includes women still being treated and those who have completed treatment.

**On Behalf of Zion Baptist Church, we want to give a special Shout Out to All Breast Cancer Survivors.**

Since we are in a virtual environment due to this pandemic, we need your help to spread the word. Though we are socially isolating, we would like for you to wear something pink once a week for the remainder of the month for breast cancer awareness month.

1. Reach out to your network (family, neighbors, or those in your church) to do their monthly breast checks and schedule their mammograms.
2. Encourage people to go out and walk in their neighborhood with their mask on and socially distancing, wearing something pink on or in their house for 20 minutes once a week for the remainder of October- as you help remind people that October is Breast Cancer Awareness Month.

Please Visit our Health Ministry page for more information on Breast Cancer

Our Health Ministry's Motto is: "Move What You Got, While You Got It To Move"

**Our Scripture of Guidance is: John 3: 2** "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."