

THINK PINK

BREAST
CANCER
AWARENESS
MONTH

Better technology
helps detect
breast cancer early

October is Breast Cancer Awareness Month, which promotes the importance of screenings, breast health education and advances in treatment. Awareness of breast cancer is so important because one in eight women in the U.S. will develop breast cancer in her lifetime, making it the most common cancer for women in the nation. According to the World Health Organization, breast health education and screening can save up to 37 lives every day in the U.S.

If breast cancer is detected early, more treatment options are available and there's a better chance for survival. A vital tool in detecting breast cancer early is 3D mammography, which is the latest technology in breast imaging.

Garnet Health Medical Center – Catskills' Harris Campus now offers 3D mammography, also known as 3D tomosynthesis. The entire purchase of the 3D tomosynthesis equipment was made possible through funding raised at the 2021 Garnet Health Founda-

PLEASE SEE **BETTER**, 4B



Garnet Health Medical Center – Catskills' Harris Campus, is the first healthcare organization to offer 3D mammography in Sullivan County. Standing in front of this lifesaving technology are, from left, Director of Diagnostic Imaging Donna DeStefano, Mammographer Carol Ferguson and Diagnostic Imagery Coordinator Natasha Small

October is Breast Cancer Awareness Month
the BEST PROTECTION is EARLY DETECTION

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AILEEN GUNTHER

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Ride 2 Survive raises money and hope



In October of 2019, The Walk 4 Rides fundraiser in Livingston Manor to benefit Ride 2 Survive brought many people out on the street. The COVID-19 pandemic has prevented many gatherings since, but Ride 2 Survive is still raising money to help people in our community.

Ride 2 Survive Co-Founders and breast cancer survivors Gloranne Ellison (left) and Kara Passante during the 2019 fundraiser dinner at the Villa Roma Resort and Conference Center. Visit www.ride2survivesullivancounty.org to learn more about how you can help those in our community.

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Ride 2 Survive



Ride 2 Survive-Sullivan County, Inc. is here to offer our support to Sullivan County cancer patients. For assistance with cancer related travel expenses, please visit our website, ride2survivesullivancounty.org, and fill out an application for help. Have your oncologist sign it and send it in, it's as easy as that. We appreciate the community's continued support and as always, we love to pay it forward.

Please stay tuned for our 2022 events!

Until then you can still make a donation to help our friends and neighbors in their battle to fight cancer.

Checks can be made out to:
Ride 2 Survive - Sullivan County

Donations can be **mailed to:** Ride 2 Survive - Sullivan County
C/O: Gloranne Ellison and Kara Passante
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Find us on **Facebook (Ride 2 Survive - Sullivan County)**
ride2survivesullivancounty.org




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Call to schedule your 3D mammogram.

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BETTER: Technology helps detect breast cancer early

FROM PAGE 1B

tion – Catskills' Annual Golf Tournament. The Ray W. Moody, M.D. Breast Center at Garnet Health Medical Center in Middletown, NY also offers 3D mammography.

"With this technology we are able to detect breast cancers that aren't found by traditional imaging, and we are able to detect them earlier," said Garnet Health Medical Center – Catskills' Director of Diagnostic Imaging Donna DeStefano. "3D tomosynthesis technology is proven to be up to 40 percent more accurate in detecting breast cancers, which can lead to earlier diagnosis and increasing a patient's chance of surviving."

3D mammography is recommended for all women over age 40, who are in good health, especially those who have been previously identified as having dense breast tissue, have a family history of breast cancer or who may be at a higher risk for developing the disease. Also, women who have breast-related symptoms may benefit from 3D mammography after evaluation from their doctor. To learn more, visit www.garnethealth.org/women

If you've put off a mammo-



Garnet Health Medical Center - Catskills Mammographer, Carol Ferguson, with the new 3D mammography technology.

gram due to the COVID-19 pandemic, schedule one today, and seek care immediately if you have symptoms or concerns about any aspect of your breast health. And encourage your family and friends to get screened. 3D Mammograms can be scheduled at Garnet Health Medical Center – Catskills by calling 845-333-7900, or at Garnet

Health Medical Center's Ray W. Moody, MD, Breast Center by calling 845-333-8378.



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Join Us in the Fight Against Breast Cancer

‘Making’ Strides against breast cancer

From large-scale traditional walks to unique local experiences and celebrations, the American Cancer Society’s Making Strides Against Breast Cancer has united communities, companies, and individuals across the country in the fight to end breast cancer for more than two decades – and we have no intention of ever slowing down.

There are two Making Strides Walks in our region scheduled for this month. Making Strides of Hudson Valley will meet on Sunday, October 17 at the Woodbury Common Premium Outlets located at 498 Red Apple CT in Central Valley, New York. The event will take place from 8:30 a.m. until noon. Suggested parking behind Market Hall.

Hourly time slots will be assigned to walkers based on

team name, and at this time all participants will be required to register in advance. The event will be held in accordance with CDC and NY State guidelines to ensure the safety of all attendees. Keep checking back and sign up to receive all of the latest updates as we approach October 17th.

Making Strides of Binghamton is presented by Lourdes Hospital and will take place on Sunday, October 24 from 9 a.m. until noon. Participants will gather at Recreation Park near Beethoven Street & Seminary Avenue in Binghamton, New York.

To register for either of these events or to learn more about Making Strides, visit <https://tinyurl.com/h887abjd>.





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RISE Campaign prioritizes screenings

The National Breast Cancer Foundation (NBCF) is proud to announce the launch of their Breast Cancer Awareness Month campaign, RISE – Rally in Screening Everyone, to

raise awareness of the critical importance of breast self-exams and screenings this October.

The past year has posed a challenge to just about everything, and breast cancer prevention is no exception. Although we saw setbacks in screenings and early detection, we're rising to the challenge together. For the past 30 years, NBCF has supported women by helping them get access to the education, screening and support they need. This is our moment to rise up and do even more.

"At the height of the pandemic, breast cancer screenings were down over 85 percent," said Douglas Feil, NBCF Chief Program Officer. "We are focused on getting this critical message on the importance of screenings & mammograms out to every woman across the country and encourage everyone to share this reminder with all of the women in their lives."

For more information about this campaign and to find out how you can get involved this October with donations and fundraising, please visit

nbcf.org/october.

Recognized as one of the leading breast cancer organizations in the world, National Breast Cancer Foundation (NBCF) is Helping Women Now® by providing early detection, education and support services to those affected by breast cancer. A recipient of Charity Navigator's highest 4-star rating for 15 years, NBCF provides support through their National Mammography Program, Patient Navigation, breast health education, and patient support programs



National Mammography Day

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