

THURSTON COUNTY

Proclamation

Breast Cancer Awareness Month

WHEREAS, the month of October has been nationally designated Breast Cancer Awareness Month; and

WHEREAS, in the United States breast cancer is the most common cancer overall for both men and women combined, with 268,670 new cases in 2018. Although both women and men can have breast cancer, women are at higher risk for both diagnoses and death; and

WHEREAS, currently 1 in 8 women in the United States will develop breast cancer sometime in her life. Breast cancer is more common in African American women, compared to women of other races/ethnicities; and

WHEREAS, the American Cancer Society estimates that in 2018 in the United States about 266,120 new cases of invasive breast cancer will be diagnosed in women, approximately 729 new diagnoses per day; in Washington State, 36,170 new diagnoses will occur – nearly 100 each day; in the United States about 40,920 women will die from breast cancer or about 112 deaths per day; in Washington State 13,030 deaths will be caused by breast cancer, approximately 36 deaths each day; and

WHEREAS, every year too many Americans are touched by the pain and hardship caused by breast cancer and in Thurston County alone, in any given year, more than 270 residents are diagnosed with a form of breast cancer and about 50 will die from the disease; and

WHEREAS, certain health behaviors help to prevent this disease, including staying at a healthy weight throughout your life and avoiding excess weight gain; engaging in moderate to vigorous physical activity several times per week; and limiting or avoiding alcohol. The American Cancer Society finds that even low levels of intake increase risk and recommends that women who drink have no more than one alcoholic drink a day; and

WHEREAS, screening activities like regular mammograms can help find breast cancer at an early stage when treatment is most successful. Women who have regular mammograms are more likely to have breast cancer found early, are less likely to need aggressive treatments like mastectomy and chemotherapy, and are more likely to be cured; and

WHEREAS, the Thurston County Board of Health supports these individuals and their loved ones who give their unwavering support during the most trying times, we recommit ourselves to the essential and necessary work of forging a future free from cancer in all its forms.

NOW, THEREFORE, BE IT RESOLVED, the Thurston County Board of Health hereby proclaims October as Thurston County Breast Cancer Awareness Month, as they honor all those who lost their lives to breast cancer, and recognizes the courageous survivors who are still fighting this disease. The Board encourages citizens, other government agencies, private businesses, nonprofit organizations, and all other interested groups to join in activities that will increase awareness of what Americans can do to prevent breast cancer.

Adopted this ninth day of October, 2018

BOARD OF HEALTH

Bud Blake

Jay Edward



**Thurston
Thrives!**