

## No Excuses PSA

Sometimes it seems we are always hearing about cancer. Actually, the incidence of breast cancer has been declining in the United States, and more people are surviving. One key reason is finding breast cancer early.

The American Cancer Society recommends every woman know what her breasts normally look and feel like and report any change to her health care provider. In addition, they recommend women over 40 should get a yearly breast exam and mammogram screening. None of these methods is perfect, which is why all 3 are recommended.

If you are concerned about the cost, Petersburg Medical Center Foundation's Beat the Odds committee and the Rain Country Quilters have teamed up to fund the "No Excuses" program to pay for mammograms in Petersburg. The easy application is available at the Petersburg Medical Center clinic.

Let's work together to save our mothers, our wives, our sisters, ourselves.

Remember, NO EXCUSES!

Brought to you by Beat the Odds and KFSK.