

# Breast Cancer Awareness Month Activities

Most people know someone who has been diagnosed with breast cancer. This month, we remember those brave individuals we've lost and send lots of healing thoughts to those who still are fighting. Here are some ways you can foster a community of support to those women—and men—and their families.

**Pink Pumpkins** Why not!? Organize a simple activity to have residents, patients, employees and family members paint or decorate mini-pumpkins in pink to spread awareness—and cheer—throughout residential and therapy areas.

**Wear Pink** Raise awareness in the community by asking everyone to wear pink for a day or a week to remember, support and advocate for breast cancer awareness.

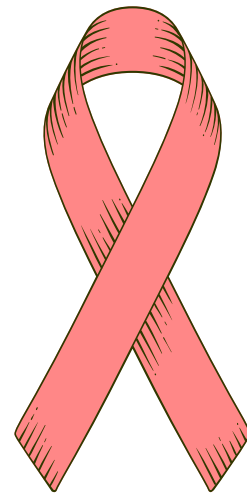
**Host a Support Group** Work with a local oncologist and host a support group or event for women battling breast cancer to connect with each other, share their stories and offer support.

**Hold a Hat & Scarf Drive** Collect or make hats or scarves to donate for women who are going through chemotherapy at a local center.

**Support Prevention Programs** Host an information session with one of the community nurses, physicians or nurse practitioners to talk about how to do self exams and the importance of regular mammograms to catch breast cancer early enough for effective treatment.

## Aging and Mammography

We're living longer than ever. The median life expectancy for an 80 year old woman is nine years, so if you're generally healthy, it can make sense to continue screening through the 70s and perhaps early 80s. As the American Cancer Society recommends, "Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer."



For a text-only version of this content, please [click here](#).

October



[www.ayow.com](http://www.ayow.com)