

Troup County Schools Health Services

Christy King BSN, RN Health Services Coordinator

NATIONAL BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Ready to **RISE** to the occasion? Here are a handful of ways you can help:

Rally In Screening Everyone

– Make a donation (to a charity of your choice) to provide life-saving mammograms to women in need.



Rally In Serving Everyone

– Make a donation to support patient navigators who specialize in serving at-risk populations.
– Volunteer in your community or in another community.



Rally In Supporting Everyone

– Spread the word about Breast Cancer Awareness Month on Facebook, Instagram, Twitter or LinkedIn.
– Share the story of how you or a loved one have been affected by breast cancer.
– Proudly wear a PINK ribbon during October or year-round.
– Wear PINK on 10/14/2021 with TCSS students and staff to help raise awareness.



In October we also observe:

- National Dental Hygiene Month
- Mental Health Awareness Week
- World Food Day



Breast Cancer Resources:

1. American Cancer Society Cancer.org
2. Visit: nationalbreastcancer.org
3. National Cancer Institute 1.800.422.6237

Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? While you can't prevent cancer, it is important to be proactive about your health.

Breast Cancer Myths

- Finding a lump in your breast means you have breast cancer
- Men do not get breast cancer; It affects women only
- A mammogram can cause breast cancer to spread
- If you have a family history of breast cancer, you are likely to develop breast cancer too
- Breast cancer is contagious

Breast Cancer Resources

<https://www.cdc.gov/cancer/nbccedp/index.htm>

<https://www.cancer.gov/types/breast/mammograms-fact-sheet>

<https://www.cancer.org/>



School Nurses

Cynthia Walston RN (HES)

Candace Crawford LPN (FFE)

Norma Fannin LPN (BWE)

Jennifer Hammock LPN (LCE)

Teri Ogles LPN (HCE)

Maxine Copeland RN (CES)

Sherrie Smith LPN (CVES)

Margaret Franklin RN (HHE)

Chastain Pitts LPN (EKES)

Dedra Siggers LPN (LCMS)

Bernice Strozier RN (CMS)

Ivy Burton LPN (GNMS)

Pennie Hill RN (CHS)

Amy Crites RN (LHS)

Loretta Allen RN (THS)

Tiffany Harris LPN (RE)