



## Lincoln County Health Department

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Margaret B. Dollar, M.Ed.  
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### GET YOUR PINK ON October is Breast Cancer Awareness Month

Lincoln County Health Department would like to invite you to 'Get Your Pink On' during the month of October. As part of the efforts to educate the public and encourage women to participate in detection and prevention of breast cancer, 31 staff and family members will be participating in this year's Susan G. Komen Race for the Cure event to be held October 6<sup>th</sup> in Charlotte. Team members are part of the Health Department's efforts to increase awareness about the importance of early detection of breast cancer, celebrating the lives of the many women who survived, and remembering women who have lost the battle from breast cancer.

Breast cancer remains the most frequently occurring cancer in women and is the 2<sup>nd</sup> leading cause of cancer deaths of North Carolina women. The Lincoln County Health Department provides screening examinations and funding for mammograms to eligible women who do not have health insurance or are underinsured and are residents of Lincoln County.

We encourage all women to take charge of their health. Three of the ways a woman can do this is by learning and doing a monthly breast self-exam, by having a clinical examination by a doctor or nurse and by having a mammogram (an X-ray of the breasts).

We urge every woman to talk with her healthcare provider about which screenings are best for her. If you do not have a medical provider or do not have the means to pay for a mammogram, please contact the Health Department at 704-735-3001 for appointment information. Through the Breast and Cervical Cancer Control Program (BCCCP) and the Susan G. Komen For the Cure, we are happy to help you 'take charge of your health'.

For more information about BCCCP or Susan G. Komen you are welcome to go to their website(s): [www.bcccp.ncdhs.gov](http://www.bcccp.ncdhs.gov) and [www.komencharlotte.org](http://www.komencharlotte.org)

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#### MISSION STATEMENT

*The Lincoln County Health Department provides quality health services to promote a healthy community.*

#### VISION STATEMENT

*Lincoln County Health Department services will promote healthy lifestyles through prevention, preparedness, and education.*