



Arkansas Methodist Medical Center

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Contact:

Shane Carter
Director of Public Relations & Marketing
(870) 239-7018 shane.carter@arkansasmethodist.org

October 23, 2007

- - FOR IMMEDIATE RELEASE- -

AMMC Health Fair Focuses on Breast Cancer Early Detection.

All women can get breast cancer even without a family history. Early detection, followed by treatment, is the best weapon for survival. October is Breast Cancer Awareness Month. Arkansas Methodist Medical Center wants women to know how to properly perform a breast self-exam. During the Women's Health Fair tomorrow at Arkansas Methodist, women can attend a free, private class led by our physicians and nurse practitioners to learn how to properly do a self-exam. "Women see themselves everyday. We're lucky to see them once a year in our office, which makes breast self-exams so important," said Dr. Paul Becton, Arkansas Methodist OB/GYN. "Women should do a self-exam once a month, and know what changes to report to their doctor," Becton added. Self-exam classes will be held at 9am, 10am, 2:15pm and 3:15pm. Interested participants should register near the entrance to AMMC Auditorium. Breast self-exams are recommended for women starting in their 20's with yearly mammograms beginning at age 40.

The AMMC Health Fair will also be giving women the opportunity to register for a free mammogram. Free screenings available include blood glucose and cholesterol, blood pressure, fitness and nutrition and lung function. These will be available from 8am until 4pm. A Chicken Kabob lunch will be available from 11:30am-1:00pm with all proceeds benefiting the Susan G. Komen Foundation. Women can also enjoy a fashion show at noon and regional healthcare and lifestyle exhibitors.

Arkansas Methodist Medical Center is a 129-bed, fully JCAHO accredited, not-for-profit medical center. AMMC has touched thousands of lives since 1949 as a Beacon of Health, Hope and Healing. Additional AMMC information is available at www.arkansasmethodist.org.