



Proclaiming

October 2024

### Breast Cancer Awareness Month

**Whereas**, 2024 marks the 41st year that “National Breast Cancer Awareness Month” has educated women and men about prevention, early Breast Cancer detection, diagnosis and treatment; and

**Whereas**, this year, an estimated 310,720 new cases of breast cancer will be diagnosed, and 42,250 women will die from Breast Cancer in the US. Breast Cancer impacts the lives of many Americans, either directly or through the diagnosis of a family member or friend. There has been considerable progress in diagnosing this disease and improving treatments; yet, eliminating Breast Cancer continues to be a major goal. While overall death rates are declining, Breast Cancer remains the second leading cause of cancer deaths among women; and

**Whereas**, clinical breast exams and mammograms are the most effective way to detect Breast Cancer at an early stage. The American Cancer Society, National Cancer Institute and the United States Preventive Services Task Force agree that regular mammograms can greatly reduce the risk of dying from Breast Cancer. October 18, 2024 is “National Mammography Day”, and women are encouraged to make their mammography appointment; and

**Whereas**, women and men can take additional steps to reduce their risk of breast cancer by not smoking, maintaining a healthy weight, eating a well-balanced diet, engaging in physical activity each day, stress reduction and limiting alcohol consumption; and

**Whereas**, it is important for all Americans to raise awareness of Breast Cancer by talking with family members and friends about the importance of prevention, screening and early detection. By educating ourselves and working together, we will improve our ability to prevent, detect, treat, and ultimately decrease the incidence of Breast Cancer; and

**Now, Therefore, Be It Resolved**, that the Ventura County Board of Supervisors does hereby proclaim October 2024 as Breast Cancer Awareness Month in Ventura County; and encourages all women and men of Ventura County to learn more about the disease, be proactive in early detection practices, and participate in building awareness all year long. Additionally, we encourage residents to schedule their Annual Mammogram Exam at Ventura County Medical Center or Santa Paula Hospital to facilitate the best care if you should need treatment.

Presented on this 8<sup>th</sup> day of October 2024

  
Matt LaVerge, Supervisor 1st District

  
Jeff Gorrell, Supervisor 2<sup>nd</sup> District

  
James S. Parvin, Supervisor 4th District

  
Chair of the Board of Supervisors  
Kelly Long, Supervisor 3rd District

  
Vianey Lopez, Supervisor 5th District