



Resolution
of
The Board of Supervisors of Ventura County
*Proclaiming October 2022
Breast Cancer Awareness Month*

Whereas, 2022 marks the 39th year that "National Breast Cancer Awareness Month" has educated women and men about prevention, early Breast Cancer detection, diagnosis and treatment; and

Whereas, 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 19, 2016 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 moderate or vigorous physical activity each day with vigorous activity 3 days a week 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 cure Breast Cancer;

*Now, Therefore, Be It Resolved, that the Ventura County Board of Supervisors does hereby proclaim October 2022 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 Santa Paula Hospital, which now offers state of the art, 3D Hologic Technology, and is the most comfortable exam available.*

Presented on this 11th day of October 2022

Linda Parks
Linda Parks, Supervisor 2nd District

Robert O. Huber
Robert O. Huber, Supervisor 4th District

Matt LaVere
Chair of the Board of Supervisors
Matt LaVere, Supervisor 1st District

In Memoriam
Carmen Ramirez

Kelly Long
Kelly Long, Supervisor 3rd District

Vianey Lopez
Vianey Lopez, Supervisor 5th District