



NEWS RELEASE

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Submitted by and contact:

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WOMEN'S CANCER AWARENESS PROGRAM MEETS DEC 20 AT EASTERN

As the holidays of hope and joy descend swiftly upon us, talk of deadly disease seems distinctly out of place. But as most folks know only too well, cancer rarely takes a vacation, and even this December as we celebrate, we dare not close our eyes to its all-too-present threat.

Ruthie Watts, RN, will keep these issues in plain sight at her 90-minute, evening 'Beast and Cervical Cancer Awareness Program,' December 20, for Community Connections. The session will meet from 6:00 pm to 7:30 pm at Eastern WV Community and Technical College's Moorefield center, in the HARCO complex, one-half mile east of town.

"We just came off of Breast Cancer Awareness Month in October," said Watts, a Cancer Information Specialist for the WV Breast and Cervical Cancer Screening Program. "And January is Cervical Cancer Awareness month. So it's a good time to have this presentation."

Space is limited. To register, and for more information about specific times and locations, call Lacey Ball at 434-8000, or toll free: (877) 982-2322.

In talking about these difficult illnesses, Watts will discuss the "signs and symptoms, and what to look for, and what to report to the doctor," she said. "We teach and show the women how important it is to get exams on a regular basis." Using lifelike molds and models of body parts, she will also demonstrate the vertical strip method for breast self-examination, and explain the PAP test for cervical abnormalities.

"I'm out to help women by promoting awareness and encouraging them to know our bodies, and to recognize the first abnormal sign," Watts emphasized, "and to report the early symptoms, when we can still do something about it. There's a high rate of survival when it's found early."

Serving the residents of Grant, Hampshire, Hardy, Mineral, Pendleton and Tucker counties, Eastern West Virginia Community and Technical College is a comprehensive and equal opportunity community and technical college bringing the resources and assets of Education That Works to the families, communities and employers of the Potomac Highlands.