

By Jan Schultz, The Imperial Republican News Editor

Is it me, or did October seem to have a lot going on around here?

This month, which is just about over, seems to have so much crammed into it, I suppose, to alleviate some of the busy-ness in the upcoming holiday months of November and December.

While it's a busy time, one very important observance in October is National Breast Cancer Awareness Month.

Since breast cancer is the second leading cause of cancer death in women, after lung cancer, it's something all of us women, and men, too, should keep in mind.

It was great to see such a good turnout at the hospital and clinic's Cancer Walk events earlier this month. While this year's event recognized the need to support those with all types of cancer, breast cancer awareness was especially highlighted with a lot of pink decor and clothing.

Most of us have a loved one or acquaintance that has had to deal with breast cancer.

I lost my mom to the disease seven years ago. She was in my thoughts as I participated in the 5K All-Cancer Walk here on Oct. 3. I really appreciate all of these events, and the coordinators who put them together. They help us remember in a special way the ones we've loved and lost to this terrible disease, and support those who have survived.

I am an avid believer in getting annual mammograms, and hope all women out there are, too.

The mammogram is not a cure-all and won't prevent you from getting the disease, but as with all cancers, early detection is critical. An annual mammogram, along with your own monthly checks and physician exams, can give you an advantage in keeping check on the disease.

I've been happy to wear pink as much as I could this month. It's a way to show support for those who are dealing with breast cancer, but also a way to remember those like my mom who we've lost.

I encourage you to get that annual mammogram. Mine comes every year early in the spring, and it's a date on the calendar that always takes precedence for me. I hope it does for you, too.