October Is Breast Cancer Awareness Month: Episcopal Health Services Encourages Women to Get Screened and Understand Their Risk

FAR ROCKAWAY, N.Y., Oct. 1, 2026 —October is Breast Cancer Awareness Month and **Episcopal Health Services (EHS)** is encouraging women over the age of 40 to prioritize breast health by scheduling regular mammograms, understanding signs and symptoms, knowing the risk factors and discussing personal and family history with a physician.

According to the American Cancer Society, approximately one in eight women in the United States will develop breast cancer during her lifetime. The organization estimates that 321,910 women will be diagnosed with invasive breast cancer in 2026 and 42,140 will die from the disease. Breast cancer is the most common cancer among U.S. women, excluding skin cancers.

"Breast Cancer Awareness Month is a reminder to make breast health a priority throughout the year," said Dmitriy Kim, DO, FACS, a board-certified general surgeon at EHS whose clinical focus includes breast cancer surgery. "Early detection through mammography remains one of your most powerful tools in the fight against breast cancer. When breast cancer is identified at an earlier stage, patients have more treatment options and a better chance for successful outcomes "



Signs and Symptoms of Breast Cancer:

- A new lump in the breast or underarm.
- Changes in breast size, shape or appearance.
- Nipple changes, including turning inward.
- Nipple discharge other than breast milk.
- Skin dimpling, redness or swelling, including an orange-peel appearance.
- Peeling or flaking skin around the nipple.

Knowing Your Risk Factors:

- Age: Risk increases as you get older, with most cases diagnosed in women age 50 or older.
- Genetics: Inherited gene mutations, such as BRCA1 and BRCA2 genes, raise risk significantly.
- Family History: Having a mother, sister, daughter, or multiple relatives with a history of breast or ovarian cancer increases your risk.
- Breast Density: Having dense breast tissue means more fibrous and glandular tissue and less fat, which raises risk and makes tumors harder to see on a mammogram.
- Radiation Exposure: Exposure to high levels of radiation in the past can increase your risk.

Breast Cancer Treatment Options at EHS

EHS provides individualized breast cancer care through a team of breast surgeons, radiologists, medical oncologists and radiation oncologists. Specialists review imaging, pathology and other clinical findings to recommend treatment based on the cancer's characteristics and the patient's needs.

- **Surgery:** Lumpectomy to remove the cancer while preserving the breast, or mastectomy to remove the breast. Breast reconstruction is also available.
- **Radiation therapy:** Often used following lumpectomy to lower the chance of recurrence.
- **Chemotherapy:** May be recommended for more aggressive or advanced cancers.
- **Hormonal therapy:** Used for hormone-sensitive breast cancers to help reduce recurrence risk.
- **Immunotherapy:** Helps the immune system attack cancer cells in appropriate patients.

EHS also offers on-site PET/CT imaging for cancer staging. Expanded oncology services at the EHS Cancer Center at the Walsh Ambulatory Pavilion support coordinated diagnosis and treatment, while a breast health navigator assists patients with appointments, testing and care planning.

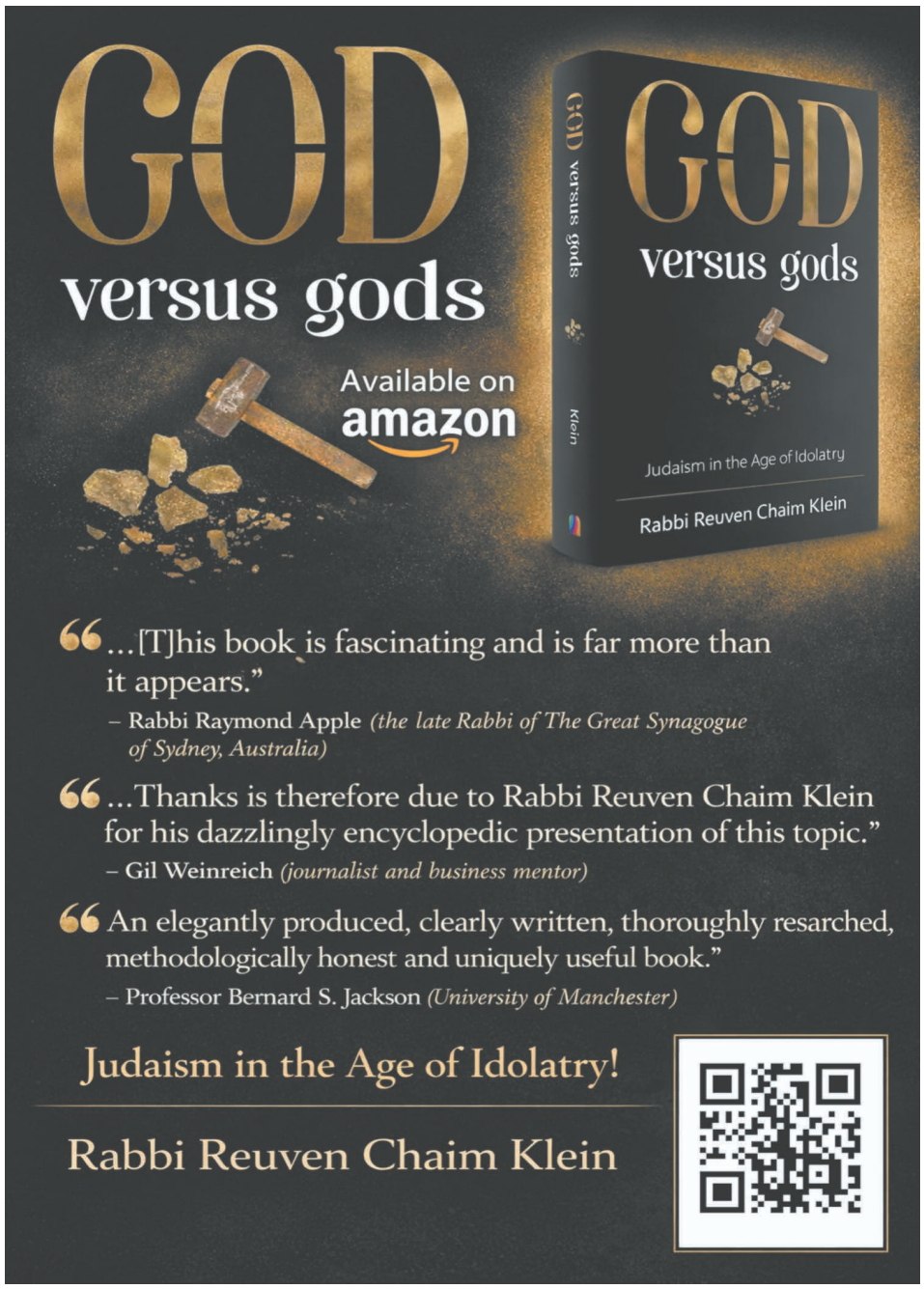
Schedule a Mammogram

To schedule a mammogram, call 718-869-5888 for the **Margaret O. Carpenter Women's Health Center** or 718-869-7780 **for St. John's Episcopal Hospital.** To speak with a breast health navigator, call 718-869-5886. For more information, visit ehs.org/breastcancer.

Episcopal Health Services

Episcopal Health Services Inc., (EHS) is a health system located on the Rockaway Peninsula in Queens, New York. The system provides emergency and ambulatory care to the densely populated and culturally and economically diverse Rockaways and Five Towns' populations. The system provides people of all faiths with comprehensive preventive, diagnostic treatment, and rehabilitative services, regardless of their ability to pay.

To learn more about services available through Episcopal Health Services or to schedule an appointment, visit www.ehs.org.



Pray Properly! ELEVATE YOUR *TEFILLAH*!

Rabbi Chaim Fuhrer, Grammarian; Elky Willner, Editor

"I use your *tefillah* card to daven *Brachos* every morning. I feel uplifted that I am pronouncing the words correctly. I feel the impact on my *davening* and on my *kavanah.* Thank you so much". E.G., Monsey, NY

The words of our *tefillos* have a correct way they should be pronounced.
The part of the word that should be emphasized is larger and **BOLD.**

ShemoNEH EsREI: Lesson 3.

A-do-NOI sifaSAI tifTACH, u'FI yaGID - these words are ALL *milera*, emphasis is on the LAST syllable; tehilaSEcha - is *mileale*, emphasis is on a middle syllable.

Hashem, open my lips, and my mouth shall recount Your praise!

It is ironic that the only full *tefillah* we are told to say quietly (the *AmiDAH*) begins by calling upon us to open our mouths to recount Hashem's praise!

Rav Schwab, zt"l, teaches that our lips/mouths are the physical manifestation of our *neshamos* - our true inner selves. He gives the analogy of a clock – the hands which tell time, are, in fact, controlled by the inner machinations of the clock.

As we begin the *amiDAH*, we entreat Hashem to open our mouths to enable us to express what is in our hearts! **HATZLACHAH!**

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