



Rappahannock
Westminister-Canterbury

FOR IMMEDIATE RELEASE

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Breast Cancer Awareness is Topic of October Program

Learn about advances in breast health

IRVINGTON, Va. – Modern medicine has made great strides in reducing, diagnosing and treating breast cancer. Bon Secours Rappahannock General Hospital Imaging Manager Chris Shepperson will discuss some of these advances at Rappahannock Westminister-Canterbury's final 2017 Mind & Muscle event at 11 a.m. on Oct. 2.

"We'll talk about the importance of having routine mammography, the latest mammography equipment and an exciting new event we're holding in October," said Shepperson. As part of a planned expansion of women's services at the hospital, Rappahannock General soon will acquire a 3-D digital tomography machine, he said. Studies have found that 3-D mammograms find more cancers than traditional 2-D mammograms and also reduce the number of false positives. He'll also explain how nurse navigators can help guide patients through care options should they be diagnosed with cancer.

In addition, Shepperson will promote "Power of Pink," a new breast cancer awareness event to be held Oct. 12 at the Lancaster Community Library. The event will feature education, networking opportunities, refreshments and more.

Breast cancer is the most common cancer in American women, except for skin cancers. Early detection is the key to survival. The American Cancer Society estimates that in 2017 in the U.S.:

- About 252,710 new cases of invasive breast cancer will be diagnosed in women.
- About 63,410 new cases of carcinoma in situ will be diagnosed (non-invasive and the earliest form of breast cancer).
- About 40,610 women will die from breast cancer.

The program, which is free and open to the community, includes a complimentary luncheon at noon. Reservations are required, as space is limited. Call 804-438-4000 on or Sept. 18. RWC maintains a waiting list and will honor reservations in the order received.

About Rappahannock Westminister-Canterbury

Established in 1985, Rappahannock Westminister-Canterbury is a church-related, continuing care community that provides the highest quality living experience for discerning, active senior adults. Situated on 165 beautiful acres outside the village of Irvington in Virginia's Northern Neck, RWC is home to those who want the independence and worry-free lifestyle afforded them in a tranquil, rural setting. RWC strives to provide residents everything they require for daily living right in the RWC neighborhood. Rappahannock Westminister-Canterbury Inc. is a Virginia nonprofit corporation affiliated with the Episcopal and Presbyterian churches. All religions are welcome. Learn more about RWC at www.rw-c.org.

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