



FOR IMMEDIATE RELEASE  
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## President Begaye and Vice President Nez Sign Proclamation Declaring October as Breast Cancer Awareness Month



On Monday, Oct. 3, President Russell Begaye and Vice President Jonathan Nez, in coordination with the Navajo Department of Health and the Breast and Cervical Cancer Prevention Program, signed a proclamation declaring October as Breast Cancer Awareness Month on the Navajo Nation.

Breast cancer is the leading cause of cancer related deaths among women. Factors that may increase the risk of developing breast cancer include family history, age and genetics. Mammograms, regular self-breast examinations and clinical breast exams are vital because they can help clinicians diagnose cancer before it has a chance to spread.

Regular screenings remain the most effective way to identify breast cancer in its earliest and most treatable stages. To ensure mammography is available to all Native American women, the Center for Disease Control and Prevention provides funding for mammogram screening services through the Navajo Breast and Cervical Cancer Prevention Program.

“Our Navajo women carry with them the gift of life. They are very special in nurturing our people, furthering our future generations and preserving culture. Historically, they have carried our culture

forward and continued our clan system,” President Russell Begaye said. “This month I encourage all our Navajo women over 40 to get a mammogram to reduce any possible risk they might have of breast cancer.”

The Office of the President and Vice President (OPVP) continues to foster and promote healthy lifestyles in physical, emotional and spiritual wellness.

“Breast Cancer Awareness Month is about more than just wearing the pink ribbon. It is an opportunity for health screenings for men and women because cancer does not distinguish between genders. We must remain physically active and employ a healthy lifestyle to prevent cancer and other diseases. Please take advantage of this time for a health screening,” Vice President Nez said.

In signing this declaration, OPVP is calling upon Government officials, businesses, communities, health care professionals and educators to reaffirm the Nation’s commitment to preventing, treating and curing breast cancer.

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## Proclamation

### Navajo Nation Breast Cancer Awareness Month

**While United States** is observing its 31<sup>th</sup> Anniversary of Breast Cancer Awareness Month in October, the Navajo Nation Breast and Cervical Cancer Prevention Program is celebrating its 20<sup>th</sup> Anniversary as a Navajo Prevention Program; and

**WHEREAS, Breast Cancer** is a leading cause of cancer related deaths among women. During Breast Cancer Awareness Month, we renew our commitment to fighting this disease, raising awareness, and supporting those affected by breast cancer; and

**WHEREAS, Factors** that may increase the risk of developing breast cancer include family history, age, and genetics. By making healthy lifestyle choices and exercising regularly, individuals can help reduce the risk of developing breast cancer. Mammograms, regular self-breast examinations, and clinical breast examinations are also vital because they can help clinicians diagnose cancer before it has a chance to spread. When breast cancer is detected early, treatment is more effective, giving hope to clienteles and helping save lives; and

**WHEREAS, Regular screenings** remain the most effective way to identify breast cancer in its earliest and most treatable stages. Women 40 and over, having mammograms every 1 to 2 years can reduce the risk of breast cancer. Researchers are now exploring how diet and hormonal factors are linked to possible causes. This information will help both men and women to make informed health care choices. And, to ensure mammography is available to all native women, the Center for Disease Control and Prevention (CDC) provides funding for mammogram screening services through the Navajo Nation Breast and Cervical Cancer Prevention Program. This Program educates and provides cancer screening to low income, uninsured, or underinsured women across Navajo Nation; and,

**NOW THEREFORE**, I, Russell Begaye, President of the Navajo Nation by virtue of authority vested in me by the Navajo People and the laws of the Navajo Nation do hereby proclaim October as Breast Cancer Awareness Month. I also encourage Navajo Nation Employees to wear pink and join activities and initiatives that help raise support and awareness throughout the month of October. Last, I call upon Government officials, businesses, communities, health care professionals, educators, and the people of the Navajo Nation to publicly reaffirm our Nation's strong commitment to preventing, treating, and ultimately curing breast cancer.

**IN WITNESS WHEREOF**, I have hereunto set my hand this first day of October, in the year of twenty thousand, sixteen.

Handwritten signature of Russell Begaye in black ink.

Russell Begaye, President  
THE NAVAJO NATION

Handwritten signature of Jonathan Nez in black ink.

Jonathan Nez, Vice President  
THE NAVAJO NATION

Handwritten signature of Ramona Antone-Nez in blue ink.

Ramona Antone-Nez, Division Director  
Navajo Department of Health

Handwritten signature of Curtis Briscoe in blue ink.

Curtis Briscoe, BCCP Program Director  
Navajo Department of Health