



The Navajo Nation  
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

October 3, 2022

## Navajo Nation recognizes “Breast Cancer Awareness Month”

**WINDOW ROCK, Ariz.** – Navajo Nation President Jonathan Nez and Vice President Myron Lizer issued a proclamation on Monday, recognizing the month of October as “Navajo Nation Breast Cancer Awareness Month” to support individuals battling breast cancer, honor breast cancer survivors, and to raise awareness and encourage the public to get screened for the disease.

“As I visit our communities, I hear from many people and families who are touched by the pain and challenges caused by breast cancer. During Navajo Nation Breast Cancer Awareness Month, we honor and remember those who lost their lives to breast cancer and recognize the strength and resilience of those who overcame the disease. We have to remember that men and women can be diagnosed with breast cancer, but women are at higher risk. We encourage everyone to get screened and to be mindful of their overall health. Awareness, early detection, and treatment can save many lives,” said President Nez.

The proclamation states that breast cancer is the most commonly diagnosed cancer among Navajo women at a rate of 60 per 100,000 women. The Navajo Department of Health encourages individuals to get regular cancer screenings to reduce the risk of developing breast cancer.

The Navajo Breast and Cervical Cancer Prevention Program will provide mammograms throughout the month of October – a schedule is forthcoming. Public health officials recommend mammogram screening for women over 40 years of age every one to two years to lower risks.

“Through this proclamation and the great work that our public health workers do every day, we renew our commitment to fighting this disease and supporting those battling breast cancer. We challenge everyone to learn about breast cancer and its early signs and risks. Many risk factors are related to a person’s diet, activity level, and alcohol consumption. Other lifestyle-related risk factors include decisions about having children and taking medicines that contain hormones. Breast cancer may spread rapidly, so early detection is the key to saving more lives,” said Vice President Lizer.

The Office of the President and Vice President encourages the public to wear the color pink during the month of October, to support individuals battling breast cancer, honor breast cancer survivors, and to raise awareness and encourage people to get screened for cancer.

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**THE NAVAJO NATION**

*Proclamation*

**RECOGNIZING OCTOBER 2022 AS  
“NAVAJO NATION BREAST CANCER AWARENESS MONTH”**

**WHEREAS**, Breast Cancer is the most commonly diagnosed cancer among Navajo women at a rate of 60.9 per 100,000. Making healthy lifestyle choices, including regular cancer screenings, can help reduce the risk of developing breast cancer; and

**WHEREAS**, Risk Factors that may increase chances of developing breast cancer include family history, age, drinking alcohol and genetics; and

**WHEREAS**, Mammogram screenings, recommended for women age 40 and over, remain the most effective way to identify breast cancer in its earliest stages; and

**WHEREAS**, Mammography screening is available through the Navajo Breast and Cervical Cancer Prevention Program. This Program educates and provides cancer screening to low income, uninsured, or underinsured age eligible women across the Navajo Nation, while, engaging the communities and partners to promote, increase, and improve the quality of health outcomes; and

**WHEREAS**, The Navajo Nation renews its commitment to fighting this disease, raising awareness of prevention and screening, and supporting those affected by breast cancer.

**NOW THEREFORE, I, JONATHAN NEZ**, President of the Navajo Nation and **I, MYRON LIZER**, Vice President of the Navajo Nation do hereby proclaim October 2022 as Breast Cancer Awareness Month. We encourage our Navajo people to wear the color pink to raise awareness and to promote healthy living among our Navajo women, families, communities, and Navajo Nation. We call the people of the Navajo Nation to publicly reaffirm our Nation’s strong commitment to ending breast cancer through prevention, screening, and treatment.

**PROCLAIMED THIS 3<sup>rd</sup> DAY OF OCTOBER 2022**

Handwritten signature of Jonathan Nez in black ink.

Jonathan Nez, *President*  
**THE NAVAJO NATION**

Handwritten signature of Myron Lizer in black ink.

Myron Lizer, *Vice President*  
**THE NAVAJO NATION**