FOR IMMEDIATE RELEASE

October 1, 2021

Navajo Nation recognizes “Breast Cancer Awareness Month”

WINDOWROCK, Ariz. – Navajo Nation President Jonathan Nez and Vice President Myron Lizer issued a proclamation on Friday, recognizing the month of October 2021 as “Navajo Nation Breast Cancer Awareness Month” to raise awareness, honor breast cancer survivors, and offer support to individuals battling the disease.

“Every year, many Navajo citizens are touched by the pain and hardship 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 strong and resilient survivors who are still fighting it. Both women and men can have breast cancer, but women are at higher risk. We encourage all women to find out if they are at increased risk and to learn more about recommended screening at their local health center. 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 Navajo women. The Navajo Nation Department of Health encourages individuals to get regular cancer screenings to reduce the risk of developing breast cancer.

In observation of Navajo Nation Breast Cancer Awareness Month, the Navajo Breast and Cervical Cancer Prevention Program will be providing mobile mammograms at the following locations:

- October 4 – Four Corners Regional Health Center, Shiprock, N.M.
- October 5 – Inscription House Health Center, Inscription House, AZ
- October 13 & 14 – Winslow Indian Health Care Center, Winslow, AZ
- October 19 – Chinle Comprehensive Health Care Center, Chinle, AZ
- October 26 – Pinon Health Center, Pinon, AZ
- October 27 – Tsaile Health Center, Tsaile, AZ
The Navajo Nation Breast Cancer Awareness Month recommends mammogram screening for women over 40 years of age every one to two years to reduce the risk of developing breast cancer.

“Together, we must renew our commitment to fight this disease and support those battling breast cancer. We challenge everyone to learn about breast cancer and its early signs and risks. Certain breast cancer risk factors are related to diet, exercise, and alcohol consumption. Other lifestyle-related risk factors include decisions about having children and taking medicines that contain hormones. Breast cancer has been known to grow rapidly, and the earlier it is detected, the more lives we can save,” said Vice President Lizer.

“Breast cancer screening is important to identify your risk for cancer. Now that services are available, please make time to attend the screening. Any ounce of prevention goes a long ways,” said Navajo Department of Health Executive Director Dr. Jill Jim.

The Office of the President and Vice President encourages all Navajo citizens to wear the color pink during the month of October, to raise awareness and to promote healthy living among Navajo women, families, and communities.

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THE NAVAJO NATION

Proclamation

RECOGNIZING OCTOBER 2021 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 2021 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 1st DAY OF OCTOBER 2021

Jonathan Nez, President
THE NAVAJO NATION

Myron Lizer, Vice President
THE NAVAJO NATION
Breast Cancer is the most common cancer in women. Getting a Mammogram regularly can lower your risk. A Mammogram is an X-ray picture of the breast that looks for early signs of breast cancer.

> Are you a Woman 40 to 64 Years Old?

> Been Over 12 months since your last screening?

> Call your local Health Care Facility about scheduling a Mammogram appointment.

> If you have Health Insurance, Please bring your card and Photo ID.

> Mammograms are recommended every 1 to 2 years.

> If you have questions about the schedule of locations listed, please call (928) 871-6348.

**Program Mission**

NNBCCPP’s mission is to reduce breast and cervical cancers by engaging communities and partners to promote, increase, and improve the quality of health outcomes.