



Spotlight

6th Annual Liz Hurley Ribbon Run

Saturday, October 17

Corner of Lowe Avenue and Adams St.

Join the fight to save lives! Form a team to raise funds in support of the Liz Hurley Breast Cancer Fund at Huntsville Hospital Foundation. Call 265-8077 or visit lizhurleyribbonrun.org for more information.



There's no excuse for avoiding a mammogram

Regular health screenings are vitally important to good health, and during breast cancer awareness month the focus turns to annual mammograms. Since the two biggest risk factors for breast cancer are being a woman and getting older, the only defense is early detection. Don't let excuses keep you from taking charge of your health.

EXCUSE: "Mammograms hurt."

RESPONSE: To get a good image, some women experience discomfort. Follow these recommendations to help:

- Take ibuprofen two hours before your appointment
- Limit consumption of caffeine three to five days before your appointment
- Make your appointment one to two weeks after the first day of your period

EXCUSE: "I don't need a mammogram because no one in my family has breast cancer."

RESPONSE: More than 75 percent of women diagnosed with breast cancer have no family history of the disease.

EXCUSE: "I'm too young/old to get breast cancer."

RESPONSE: The chance of getting breast cancer increases with age. Seventy-five percent of breast cancer diagnoses are made in women over age 50.

EXCUSE: "If I'm going to get breast cancer, there's nothing I can do about it."

RESPONSE: Early detection is important! The cause of breast cancer is unknown, but the earlier the cancer is found, the more treatment options are available. Women diagnosed early have a five-year survival rate greater than 96 percent.

EXCUSE: "My breasts are too small to get a mammogram."

RESPONSE: Every mammography technologist is trained to do mammograms on women with different-sized breasts.

Don't make excuses! All women ages 40 and over should get mammograms annually. Women at high risk should begin annual mammograms 10 years before the age of the mother or sister's diagnosis. Call **265-9999** or your physician to schedule a mammogram.

Information courtesy of the Breast Center at Huntsville Hospital

Pink Angel Dessert (allrecipes.com)

1 cup warm water	1/2 cup white sugar	1 cup evaporated milk
2 envelopes unflavored gelatin	1 (6-ounce) can frozen pink lemonade concentrate, thawed	1 (9-inch) angel food cake

Place warm water in small saucepan and sprinkle gelatin on surface. Let stand 3 to 4 minutes. Stir in sugar and place over low heat, stirring to dissolve sugar. Remove from heat and stir in lemonade concentrate. Chill in refrigerator until partially set for 10 to 20 minutes (mixture should be the consistency of unbeaten egg whites). Pour mixture into large mixing bowl and beat in evaporated milk until light and fluffy, about 2 minutes. Tear angel food cake into bite-size pieces and fold into mixture. Spoon into 9x5 loaf pan and freeze for 1 hour. Slice and serve. **(Makes 12 servings. Per serving: 142 calories, 0.3 grams total fat.)**

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