

Mind, Body & Spirit

a monthly newsletter

October 2026

from the Health and Wellness Ministry of
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses,
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OCTOBER IS BREAST CANCER AWARENESS MONTH



Origins and History of Breast Cancer Awareness Month

Breast Cancer Awareness Month began in October 1985 as a weeklong U.S. initiative co-founded by the American Cancer Society and Imperial Chemical Industries Pharmaceuticals (now part of AstraZeneca). The goal was simple but urgent: increase public understanding of breast cancer and promote mammography as the most effective early-detection tool.

By the early 1990s, the movement had expanded globally. In 1991 the Susan G. Komen Foundation distributed pink ribbons at its New York City race helping cement the symbol in public consciousness. In 1993, Evelyn Lauder of Estée Lauder formalized the pink ribbon as the emblem of the Breast Cancer Research Foundation.

Now every October, breast cancer awareness is recognized worldwide with educational campaigns, fundraising events, and large-scale public health initiatives.

Why October Matters: Global Impact

Breast cancer is the most common cancer affecting women worldwide, with more than 2.3 million new cases reported each year. Male breast cancer occurs because all people are born with some breast tissue, and cancer can develop in that tissue. However, it is rare--about 1% of all breast cancer cases in the U.S., occur in men with a lifetime risk of roughly 1 in 755. Incidence rates are highest in developed regions such as North America and Europe, largely due to more robust screening programs. However, disparities in healthcare access mean mortality rates remain disproportionately high in developing regions.

The month's purpose is to:

- Increase awareness of breast cancer.
- Identify breast cancer risks and symptoms.
- Promote early detection through mammography and breast self exams.
- Support patients and survivors .
- Raise funds for research into prevention, diagnosis, treatment, and finding a cure.

Advances in Research and Screening

Over the past 40 years, Breast Cancer Awareness Month has helped drive major scientific progress. According to the American Cancer Society, breakthroughs include:

- Discovery of tumor suppressant genes. ('80's - '90's)
- FDA approval of Herceptin, a targeted therapy that slows the growth of cancer cells.
- Identification of breast cancer stem cells and genomic testing which provides a broader view of how your DNA influences current and potential health outcomes. (2000s)
- Approval of immunotherapy for certain breast cancer types (2010s)
- Development of breast cancer vaccines and improved early-detection technologies, leading to current clinical trials. (2020s)

Mortality has dropped more than 40% since the campaign began, largely due to increased screening and improved treatments.

How People Participate in October

Across the world, October is marked by events such as:

- Charity walks and runs
- Pink-themed awareness campaigns
- Landmark buildings illuminated in pink
- Educational seminars and health fairs

- National Mammogram Day (U.S.) promoting screening access - National Mammography Day 2026, falls on Friday, October 16
- Encouraging women to schedule mammograms and promote early breast cancer detection
- Organizations ranging from hospitals to sports leagues, now use October to encourage breast screening and to support cancer survivors.

Screening Recommendations

The American Cancer Society recommends:

Ages 40-44: Optional annual mammograms

Ages 45-54: Annual mammograms

Ages 55+ years: Mammograms every two years

or continue annually.. Breast screening should continue as long as a woman is in good health and expected to live at least 10 more years.



The Symbolism of the Pink Ribbon

The pink ribbon represents -

- Hope
- Solidarity
- Support for Survivors

Commitment to research and early detection
Its widespread use has helped normalize conversations about breast cancer and reduce stigma.

Conclusion

October's Breast Cancer Awareness Month is more than a campaign. It is a global movement that has saved lives through education, early detection, and scientific advancement. While progress has been significant, continued awareness, equitable access to care, and sustained research funding remain essential.

References

- *American Cancer Society. Breast Cancer Facts & Figures. Turning Awareness Into Action: 40 Years of Breast Cancer Awareness Month*
- *World Health Organization (WHO). Breast Cancer: Key Facts.*
- *National Cancer Institute. Breast Cancer Statistics.*
- *Susan G. Komen Foundation. History of the Pink Ribbon.*
- *Breast Cancer Research Foundation. Scientific Research and Impact.*



Join Us for Our Second Sunday Speaker Series

We are excited to announce that our Second Sunday Speaker Series will resume, **October 11 right after worship**, in the sanctuary and online. We are honored to host Beverly Bright-Lloyd, who will provide an in-depth look at the mission and impact of the Community Partnership on Aging.



This speaker presentation is an opportunity to learn how you or your loved ones can take advantage of these local resources, as well as how we can collectively support the organization's efforts to empower older adults. Please join us to discover how we can work together to ensure that every senior in our community has the support they need to live with dignity and vitality.

The Community Partnership on Aging offers a wide range of services designed to foster a higher quality of life. Key benefits include:

- Promoting Independence:
 - Providing resources that allow seniors to remain in their own homes and communities for as long as possible.
- Healthy Living Initiatives:
 - Offering programs that encourage physical, mental, and emotional health to keep seniors active and resilient.
- Community Engagement:
 - Creating opportunities for social connection and personal growth, which are essential for combatting isolation.
- Caregiver Support:
 - Delivering essential resources and guidance for family caregivers, recognizing that their well-being is intrinsically linked to the health of the seniors they support.

We look forward to seeing you on October 11 th immediately following the church service as we continue our commitment to a healthier, more connected community.
