

Help Us Bring Light to the Fight

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ALTON – Early detection is the most effective weapon in the fight against breast cancer. OSF HealthCare wants to make sure every woman 40 and older or who is at high-risk for breast cancer is getting a regular mammogram.

OSF Saint Anthony's Health Center has lit up the hospital and the adjacent OSF Moeller Cancer Center with pink spotlights to shine a light on the community's commitment to fighting breast cancer.

“Our goal is to provide excellent, state-of-the-art mammography to our patients. 3D mammograms continue to detect small, early breast cancers that might not be apparent on 2D mammograms. Early detection decreases breast cancer mortality,” according to Heather Jones, breast cancer survivor and navigator for Mammography Services for OSF Saint Anthony’s Health Center.

The American College of Radiology recommends annual screening mammograms beginning at age 40 for women of average risk. Higher-risk women should start regular, yearly screening diagnostic mammograms earlier and may benefit from supplemental screening types such as breast ultrasound. Annual mammograms are important but doing regular self-breast exams are also cri

tical for early detection of breast cancer, the second-leading cause of death for women in the U.S. Jones hopes the pink lights serve as a reminder for everyone to be mindful of their breast health.

“According to the American Cancer Society, women of all ages should be familiar with how their breasts normally look and feel and report any changes to a health care provider right away,” Jones explained. OSF patients can self-schedule their screening mammogram online at their convenience.

To learn more, go to www.osfhealthcare.org/mammogram.