



*An important message from...*

**Assemblyman  
Alfred C. Graf**

*Dear Friend,*

*Breast cancer takes the health and lives of far too many of our mothers, grandmothers, aunts, sisters, wives and daughters. Each year, nearly 14,000 women are diagnosed with breast cancer and approximately 3,000 women will die from the disease in New York State.*

*Although we have made progress in breast cancer detection and treatment, women still have to live with the threat of the disease. That is why in 1996, the state Legislature established a Breast Cancer Research and Education Fund to research the science and medicine of breast cancer.*

*Read on for more information about this innovative research fund—and how, with even a small donation, you can join the fight against breast cancer. If I can be of further assistance in this or any other matter, please don't hesitate to call.*

*Alfred C. Graf  
Member of Assembly*



**Assemblyman  
Alfred C. Graf**

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**Fight against  
Breast Cancer  
this tax season**

**Help breast cancer  
research with a  
donation on your  
state tax return.**

*Compliments of...*  
**Assemblyman  
Alfred C. Graf**

# Early detection is the key to beating breast cancer.

## You can aid breast cancer research with a donation on your state tax return.

You can contribute a gift to breast cancer research in New York State by writing in a donation on a special line of your tax return for the state's Breast Cancer Research and Education Fund. As little as one dollar can aid this effort to stop breast cancer, and the state will match your donation dollar for dollar. Be assured that your contribution will be used only for breast cancer research and education grant contracts.

New York State funds breast and cervical cancer screening programs. Log on to [www.health.ny.gov/diseases/cancer/services/partnerships/](http://www.health.ny.gov/diseases/cancer/services/partnerships/) for information about local Cancer Services Program Partnerships.

Thousands of uninsured and underinsured women who need screening are helped through these local partnerships. Treatment is available through Medicaid.\*

\*[www.health.ny.gov/diseases/cancer/treatment/mctp/](http://www.health.ny.gov/diseases/cancer/treatment/mctp/)

All women should have their breasts examined regularly by a doctor to check for any unusual changes, such as a lump or thickening.

In addition, women should learn how to perform a breast self-exam and do it each month. A self-exam is best done a few days after your period has ended, when the breasts are least likely to be swollen or tender. After menopause, women should choose the same day each month for a self-exam.

For a cancer-screening program in your area, call the NYS Cancer Services Program toll-free at 866-442-2262 or log on to [www.health.ny.gov/diseases/cancer/services](http://www.health.ny.gov/diseases/cancer/services), the state Health Department's website. You can also write:

### **Cancer Services Program**

Bureau of Chronic Disease Control  
New York State Department of Health  
Riverview Center, Suite 350  
150 Broadway  
Albany, NY 12204-0678  
(518) 474-1222  
[chronicdisease@health.state.ny.us](mailto:chronicdisease@health.state.ny.us)

A mammography, which is an x-ray of the breast, can show a tumor or change in the breast that is too small to be felt, even by a doctor.

The NYS Department of Health highly recommends women between 50 and 74 years of age get a mammogram every two years. Other women, including those between 40 and 50 years old or those with a family history or risk factor for breast cancer, should talk to their doctor about what screening schedule is right for them.

## Know the symptoms of breast cancer

- A lump or thickening in the breast or under the arm
- Change in the size or shape of the breast
- Discharge from the nipple
- Change in the color or feel of the skin of the breast or areola, such as dimpling, puckering, or scaliness

For a doctor or breast clinic in your area, call the Cancer Information Service, a program of the National Cancer Institute, at 800-4-Cancer, [www.cancer.gov](http://www.cancer.gov).