



Uniting against breast cancer

TODAY is Cancer Council's Pink Ribbon Day – a day when Australians can come together to show their support for the one in eight Australian women who will be diagnosed with breast cancer by the age of 85.

Cancer Council's Pink Ribbon Day helps raise awareness about breast cancer, as well as funds, in support of the many thousands of Australian women affected by this common disease

Each year in Australia, around 13,500 women are affected by breast cancer, with nearly 2,700 women tragically losing their lives to this terrible disease.

Survival rates are growing due to earlier detection and better treatment but we still have a long way to go.

"A diagnosis of breast cancer can be a traumatic experience that can severely disrupt a woman's family and working life, however outcomes are improving," said Cancer Council Australia's CEO Professor Ian Olver.

"By participating in Cancer Council's Pink Ribbon Day, the public can help us provide support services to improve the quality of life for those affected by breast cancer.

"Many of us have been touched by cancer in some way. Supporting this event means you will be making a profound difference to the thousands of women affected by cancer each year, through increased research, prevention, and the support services we provide throughout Australia."

In 2012, Cancer Council's Pink Ribbon Day aims to raise over five million. Funds raised will go to vital breast cancer research, prevention programs and support services such as Cancer Council Helpline.

There are plenty of ways you can get involved and show how much you (heart) pink this October, through holding a girls night in, donating directly to the cause or purchasing from a merchandise stand.

ROBERTSON UNITED MOTOR TRADERS
 434 Auburn Street, Goulburn
 48 211 211



Phil, Maria & Family
 Proudly supporting the continuing research into Breast cancer on Pink Ribbon Day 2012

For quality used cars at the best prices.



"Deal with the MTA Dealer you can trust"



What do you know?

BREAST cancer is the most common cancer in Australian women, with one in nine Australian women diagnosed before the age of 85.

Thirty-eight Australian women are diagnosed every day and while survival rates continue to improve there is still a long way to go.

Despite improvements in diagnosis, treatment and management in recent decades, sadly seven Australian women will lose their lives to breast cancer each day - more than 2,700 each year.

The latest statistics show that the five-year survival rate for women diagnosed with breast cancer is more than 89 per cent. Of course, many women live long and healthy lives well beyond this period.

Breast cancer in men is rare, accounting for less than one per cent of all cancers in men. It is estimated that 105 men will be diagnosed with breast cancer this year.

It is difficult to pin-point why some women get breast cancer and others don't. There are some risk factors which may increase your risk of developing breast cancer, but having one or more of these risk factors does not mean you will definitely develop breast cancer.

Known risk factors include ageing, inheriting a faulty gene and having a strong family history of breast cancer. The average age of first diagnosis




of breast cancer in women is 60 years. 75 per cent of new cases of breast cancer develop in women over the age of 50.

Many breast cancers are discovered as a result of a mammogram. You may have no symptoms, but at a regular check-up your mammogram shows a lump, or change, in your breast.

Sometimes, your doctor may notice a change in your breast through a breast examination, or you may notice a change yourself or discover a lump during self-examination. If you find a change in your breast that is unusual for you, you should see your GP without delay.

Nine out of ten breast changes aren't due to cancer, but it's important to see a doctor to be sure.

For more information please visit www.bcna.org.au.



Peter, Michelle & Staff from the Posthouse Motorlodge & Blueplate Restaurant are proud to be supporting the breast cancer research on Pink Ribbon Day 2012

1 Lagoon Street, Goulburn NSW 2580
 Phone 4821 5666 • Fax 4821 9975
 Email: postgoul@fc-hotels.com.au

Goulburn Country & Workwear

supporters of Pink Ribbon Day

For all your Country Wear, Corporate wear and Workwear.

245 Auburn Street, Goulburn
 48 21 9466

Professionals | goulburn

PROUDLY SUPPORTING BREAST CANCER RESEARCH

professionalsgoulburn.com.au
 352-354 Auburn Street, Goulburn

4822 1411

I ♥ PINK

Goulburn Electrical Wholesalers are proud to support Pink Ribbon Day

We are your one stop shop for indoor and outdoor lighting, ceiling fans and all your electrical needs.

Retail and Wholesale

Goulburn Electrical Wholesalers Pty Ltd
 Also trading as Goulburn Lighting & Electrical

THE OLD WOOLSTORE
 (UNIT 1/148-154 CNR SLOANE & CLINTON ST)
 PH 4822 7977

Lilac City Cinemas

Proud supporters of Pink Ribbon Day

Screening In 4 Big Screen Cinemas
 Every Session Every Day Adults \$8.00 o Children \$7.00



McKell Place Goulburn
www.lilaccitycinema.com.au P: 4821 1773 or 4822 1616

PRO paint & decorate

Lic 230728C

- New Homes • Repaints
- Commercial • Decorating
- Domestic • Tile & Iron Roofs

proudly supporting BREAST CANCER RESEARCH

Pat & Kellie Elward
 0427 211 285
 Goulburn & Districts