

**FOR IMMEDIATE RELEASE**  
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## **Sutter Solano Cancer Center Offers Advice, Raises Awareness About Breast Cancer**

**VALLEJO, Calif.**—Early detection of breast cancer can mean the difference between life and death. In addition to offering Solano County’s most advanced detection and treatment for breast cancer, Sutter Solano Cancer Center (SSCC) has undertaken a campaign to educate women about the importance of screening and to make them aware of new technologies for early detection.

### **Recommended Cancer Screenings**

Current American Cancer Society early breast cancer detection guidelines recommend that women receive a clinical breast exam (CBE) every three years starting at age 20 and annually after age 40, and a mammogram once a year starting at age 40. A CBE is a complement to mammograms and offers a woman the opportunity to discuss any breast concerns, early detection testing, or other risk factors with her doctor. In addition to annual CBEs, women have the option to conduct breast self-exams monthly.

Annual breast MRI exams (in addition to annual mammograms) are recommended for women determined to be at high risk of getting breast cancer.

### **Local Resources**

Breast cancer prevention, detection, treatment and support services are offered through SSCC in Vallejo. This includes physicians performing CBEs and offering advice to women at high risk for developing breast cancer.

For women faced with a breast cancer diagnosis, SSCC—in coordination with other Sutter Health affiliates—has introduced the Breast Cancer Notebook, a free 14-chapter notebook that outlines the treatment process, illustrates surgeries and exercises, and provides other valuable

information. For more information about programs and services available through SSCC or the free notebook, call 707-554-5326 or visit [suttersolano.org/cancer](http://suttersolano.org/cancer).

Mammography screenings are offered through Sutter Solano Medical Center in Vallejo, and digital mammography is offered at Sutter Regional Medical Foundation's (SRMF's) care centers in Fairfield, Vacaville and Vallejo. Additionally, SRMF offers the county's only breast MRI service through its Low Court, Fairfield location. Visit [srmf.org](http://srmf.org) or [suttersolano.org](http://suttersolano.org) for more information about these important services.

### **Free Community Lecture**

To learn more about breast cancer and the resources available locally, plan to attend a free breast cancer lecture at 6:30 p.m. on Wednesday, Sept. 24 at 100 Hospital Drive in Vallejo.

A.O. Rawal, M.D., Harvard-trained radiologist, along with Maude Blundell, M.S., C.G.C., will discuss the latest in breast cancer detection, prevention and treatment options. Interested individuals should call 707-554-5326 to reserve a space.

### **About Sutter Solano Medical Center**

*For more than 100 years, SSMC has been committed to the community by providing emergency care, delivering babies, and serving others in time of need. The medical center has 111 licensed beds and is fully accredited by The Joint Commission, an independent, non-profit with the mission to continuously improve the safety and quality of care provided to the public.*

*Sutter Solano Cancer Center is fully accredited by the Commission on Cancer of the American College of Surgeons—a recognition only one in four cancer centers receive. Comprehensive cancer services include chemotherapy, infusion therapy, laboratory and pathology, pain management and radiation therapy.*

*SSMC is part of Sutter Health, a not-for-profit network of hospitals, doctors, and nurses who share expertise and resources to advance health care quality.*

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