

Awareness from page 2H

promoting the WDIV-TV, Channel 4 "Buddy Check for Your Health" project, which encourages a woman to set up a buddy system with another woman who can share information and encouragement for monthly breast self-examinations and having mammograms. "You call the station (872-8000) and they will send you a 'Buddy' packet of information," she said.

Some women who learn they have breast cancer are reluctant to tell their husbands, and if they don't have a female "best friend" may not have anyone to confide in, Prudhomme said. Encouraging the Buddy project, she pointed out, "I view it as a support group. Women are kind of alone in this battle."

A third way the center is taking part in National Breast Cancer Awareness Month is by using a flashing sign rented for the month at the Phoenix Center in Pontiac. The message conveyed in the remind women to get a mammogram.

She said the center's purpose is to educate and to screen for cancers of the breast and cervix, and that, "It has a grant program for women who meet income guidelines, offering them mammograms at a reduced rate." Phone 424-7100 for more information.

The first National Mammography Day will be held Tuesday, Oct. 19. Its purpose is to encourage women throughout America to sign up to get a mammogram on that day or make a commitment to get one.

In conjunction with National Mammography Day, the American Cancer Foundation has provided a list of locations where

Last call for cards

To have your charity or nonprofit agency included in sample books of Christmas cards available at Observer & Eccentric offices, five copies of each card must be submitted by today (Thursday, Oct. 14) to Ethel Simmons, Oakland County Suburban Life Editor, at The Observer & Eccentric, 805 E. Maple, Birmingham.

women can get mammograms free or at reduced rates during October. Free mammograms for low-income women over age 40 may be obtained by contacting the Oakland County Health Department at 424-7100.

Many hospitals and radiology centers in metropolitan Detroit, accredited by the American College of Radiology, are offering mammograms at reduced rates. Among these are North Oakland Radiology, P.C. in Birmingham;

'Women are kind of alone in this battle.'

Kay Prudhomme

Farmington Medical Arts X-ray Clinic in Farmington Hills; BreastCare of Southfield; Northwest X-ray Clinic, P.C., in Southfield; Ultrasound Diagnostic Services Inc., in Southfield, and

Women's Breast Centers in Southfield.

For phone numbers or other information on the above locations, call the Cancer Information Service of Indiana and Michigan at 1-800-4-CANCER.

The American Cancer Society says 182,000 women will be diagnosed with breast cancer this year and 46,000 will die from the disease. Reports indicate that with early detection and treatment of breast cancer, there is a 91 percent survival rate.

Delta Zeta sorority holds Founders Day

The Oakland County Alumnae of Delta Zeta sorority is inviting all area alumnae to its annual Founders Day observance at 6:30 p.m. today (Thursday, Oct. 14) at the Huntley Square Apartment Clubhouse on 13 Mile Road, just west of Southfield Road, in Birmingham.

Following a potluck buffet supper, the program will pay tribute

to alumnae celebrating 50 and 25 years of membership.

A report on the sorority's 41st international convention, held recently in Indianapolis, will be given by Barbara Bodell of Rochester Hills, Oakland County group president.

For reservations and information, call Sandy Anderson at 399-6391.

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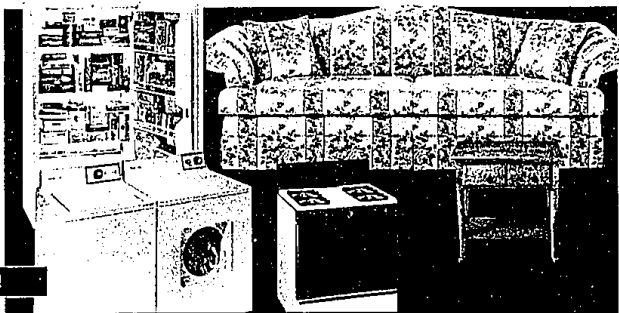
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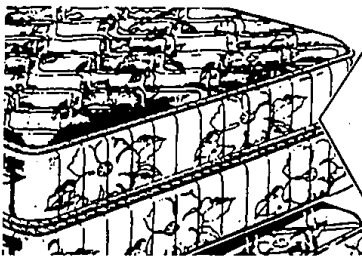
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