Our Mission

To promote the public and private partnerships between government, public health, the business community, the medical community and the American Cancer Society to make Greenwich a leading cancer fighting community in Connecticut.

To develop and implement a comprehensive plan for preventing, detecting, and treating cancer in the community which identifies and reaches out to those people at highest risk for various forms of cancer.

HELPFUL TIPS

Follow these tips to lower your chance of getting cancer and other diseases.

Start slowly. Choose one or two and then move on to others. The benefits begin as soon as you start. Share these tips with your family and friends!

► Eat a healthy diet. Make fruits and vegetables part of every meal. Put fruit on your cereal. Eat vegetables as a snack. Choose chicken, fish, or beans instead of red meat. Choose pasta, brown rice or whole wheat bread.

► Get at least 30 minutes of physical activity daily. Physical activity can lower your chance of getting colon cancer by as much as half. Try walking, jogging, or dancing – whatever you enjoy!

► Maintain a healthy weight. Physical activity helps maintain healthy weight. Watch how much you eat. Obesity increases the risk of several types of cancers including breast and colon.

► Drink less alcohol. Alcohol causes changes in your body that can lead to cancer. Talk to a doctor or nurse about how it may affect you.

► Don’t use tobacco in any form. If you smoke, try to quit. And keep trying! Over 1,000 Americans quit for good every day.

► Avoid direct sunlight during the peak hours of 10:00 a.m. and 4:00 p.m. Protect your skin with SPF 15 or higher sunscreen and wear protective clothing. Even with sunscreen, limit the time you spend in the sun. Avoid the use of sun lamps or tanning booths.

COLLABORATIVE COMMUNITY PROJECTS

BREAST CANCER
• Annual mobile mammography screenings provided through the Greenwich Department of Health.
• Breast Cancer Alliance grants fund low and no cost mammograms for eligible women at Greenwich Hospital
• Breast cancer and cervical cancer awareness campaigns
• Encore — YWCA Support group and exercise program
• Greenwich Thinks Pink – Breast cancer awareness program
• Maximize Your Outcome — Greenwich Hospital breast cancer education for newly diagnosed
• NEXT Steps for breast cancer patients— Healthy Living Center at Greenwich Hospital
• Reach to Recovery – American Cancer Society’s Peer to Peer support program for newly diagnosed breast cancer patients
• Senior Center Breast Cancer Awareness Program
• Team Greenwich: American Cancer Society’s Making Strides Against Breast Cancer

COLORECTAL & PROSTATE CANCER
• Greenwich Hospital Colorectal Cancer Awareness program
• Greenwich Hospital Prostate Screenings
• Greenwich Hospital Prostate Cancer Educational Forum

SKIN CANCER
• Sun Safety Program with Lifeguard/Camp Counselors, Health Fairs, Corporations, Boys & Girls Club, High School, Conservation Series

COMMUNITY EDUCATION PROGRAMS
• Community Forums and Health Fairs
• I Can Cope - Education Programs for cancer patients & caregivers - American Cancer Society and Greenwich Hospital
• Look Good/Feel Better- Co-sponsored by the American Cancer Society, Greenwich Library and Greenwich Hospital
• Lung Cancer Education Lectures
• Health Extensions, Greenwich Hospital
• Greenwich Department of Health education displays at Town Hall
• Radio presentations and “Spotlight on Medicine”
• American Cancer Society - Relay for Life
• Smoking Prevention in Middle/High Schools — Greenwich Hospital and the American Cancer Society
• Smoke Stoppers and Fresh Start Smoking Cessation Programs
• Breast / Testicular Self exam screening programs
For Women

CHECK FOR CERVICAL CANCER
Get a Pap test within 3 years of becoming sexually active (not later than age 21). Follow-up testing should be done every 1 to 3 years. Check with your doctor.

CHECK FOR BREAST CANCER
At age 20: get a clinical breast exam at least every 3 years. At age 40: get a mammogram (a breast x-ray) and a clinical breast exam every year. Learn how your breasts feel by doing a Breast Self-Exam (BSE). Don’t rely on finding breast cancer yourself. BSEs do not replace mammograms and clinical breast exams. If you have a family history of breast cancer, inquire about a mammogram before age 40.

For Men

CHECK FOR TESTICULAR CANCER
At age 18: do a self-exam every month and get a clinical testicle exam every 3 years. At age 40: do a self-exam every month and get a clinical testicle exam every year. Ask your health care provider how to do a testicle self-exam.

CHECK FOR PROSTATE CANCER
At age 50: get prostate cancer-screening tests every year. Men at high risk, such as African-Americans or men with a family history of prostate cancer, could begin annual testing at age 40.

For Everyone

CHECK FOR SKIN CANCER
Examine your skin once a month. Get familiar with your own skin’s pattern of moles, freckles, and “beauty marks.” Be alert to changes in number, size, shape, or color of spots on your skin. These types of changes are the most important warning signs of skin cancer. Other warning signs include a sore that does not heal or a new growth. See your health care provider regularly for skin checks. At age 20: get a full body exam every 3 years. At age 40: get a full body exam every year.

CHECK FOR COLON CANCER
At age 50: get regular colon cancer screening tests. There are lots of ways to check for colon cancer. Ask your doctor about the different tests and how often you should get them. If you have a family history of colorectal cancer, polyps or chronic inflammatory bowel disease, ask about getting tested before age 50.

The Cancer Awareness Campaign is a partnership prevention effort of the State of Connecticut, the Town of Greenwich, the American Cancer Society, Greenwich Hospital and local health providers.

Collaborators

AMERICAN CANCER SOCIETY IN CT: (203) 563-1520
24 HOURS A DAY, 7 DAYS A WEEK: 1-800-ACS-2345

GREENWICH DEPARTMENT OF HEALTH
(203) 622-7849

COMMUNITY HEALTH AT GREENWICH HOSPITAL
(203) 863-4444

THE BREAST CENTER AT GREENWICH HOSPITAL
(203) 863-4350

Local Supporters

Breast Cancer Alliance
Boys & Girls Club of Greenwich
Cancer Awareness Club of GHS
Community Answers
Greenwich Citizen
Greenwich Post
Greenwich Time
Greenwich Family YMCA
Greenwich Library Health Information Center
Greenwich Parks & Recreation
Greenwich Police Department
Greenwich Senior Center
League of Women Voters of Greenwich
YWCA of Greenwich
WGCH Radio 1490