

## Awareness: First step in fight against breast cancer

Early detection is the best defense. Experts agree it is the most effective weapon in the war against breast cancer.

October is [Breast Cancer](#) Awareness Month and in this edition of Hometown Life Woman we are asking you to join us in urging friends, sisters, daughters, moms and grandmothers to get a mammogram.

Contributing Writer Linda Chomin leads the charge by talking with local experts who encourage all woman to schedule a breast screening. During these tough economic times, experts are concerned that many women who are uninsured or underinsured will forgo the annual exam. Today's story outlines local programs and services offered by area [health](#) organizations that are stepping up to make sure women don't avoid this very important preventative measure.

While early detection offers the best results for a cure rate, [research](#) is a major key in finding a cure. Many companies make it easy and fun to go "pink for the cure." See today's story on Pink Products that help the cause.

Also inside today's edition, Contributing Writer Val Olander introduces us to area women who are reinventing themselves through education. Read about their successes and challenges along the way.

Meet Barbara Deyo, owner of Deyo Studio in Birmingham, who reminds women that they need to care for themselves if they expect to care for others. Put yourself at the top of the "to do" list, says Deyo, a single working mom and successful businesswoman.

Special thanks to Debbie Maloni of Plymouth Township, who used last month's recipe for "Whole-Wheat Dark Chocolate Zucchini Brownies." Maloni, a teacher at Allen [Elementary School](#), shared the treats with this writer. Great job, Debbie — a recipe with all the important food groups: vegetable, fiber and, of course, chocolate.

Thanks for sharing. The brownies were delicious.

Enjoy today's edition of Woman and, as always, I welcome your comments and suggestions for future editions.

Susan Rosiek

[executive editor](#)