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SPC Athletic Department Donates \$400 to Covenant Hospital

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LEVELLAND, Texas – The South Plains College department of athletics raised \$400 from the Texan and Lady Texan games versus Odessa College on ‘Think Pink’ night February 15 at the Texan Dome and have donated the money to Covenant Hospital of Levelland who will use the money to fund mammograms for women in need living in the area.

A mammogram is a low-dose, non-invasive X-ray used to examine and search for breast tissue irregularities. The American Cancer Society recommends a screening mammogram every one to two years for women, beginning at age 40. This is important because successful treatment of breast cancer is often linked to early detection and a mammogram may help discover a change in ones breast as small as the head of a pin, up to two years before you or your doctor can feel it.

Additionally, having mammograms done on a regular basis allows for comparison of previous mammograms and provides a more accurate assessment of any changes.

Simple steps to reduce the risk of breast cancer are:

1. Limit alcohol to no more than 1 drink daily.
2. Maintain a healthy weight.
3. Exercise regularly.
4. Have children before age 30.
5. Breast feed your children.

For additional information please contact Covenant Hospital of Levelland at: 806-894-4963