

And it's a message that's since reached hundreds of thousands of people and even saved lives, after going viral on Facebook and being picked up by an American television show.

Ms Armstrong was first diagnosed in February, after noticing a marking on the side of her breast.

back positive, Ms Armstrong was booked in at Ringwood Private Hospital. Her surgery was successful, but she knows many others aren't as lucky and quickly became determined to warn others of the many faces of breast cancer.

She posted the photo on Facebook, which has since

comments made me aware of just how much pain and suffering breast cancer causes, not just to the one diagnosed but also all those around them."

She said a couple of people reported her to Facebook for inappropriate content but thankfully her message was still spreading.

it's serious, what's the cost then?"

Ms Armstrong's husband Peter will host a Pink Ribbon Breakfast on November 5 at X Golf at Knox Shopping Centre to further raise awareness. Tickets and info: pinkcancercure@gmail.com or search Pinkcancercure on Facebook.

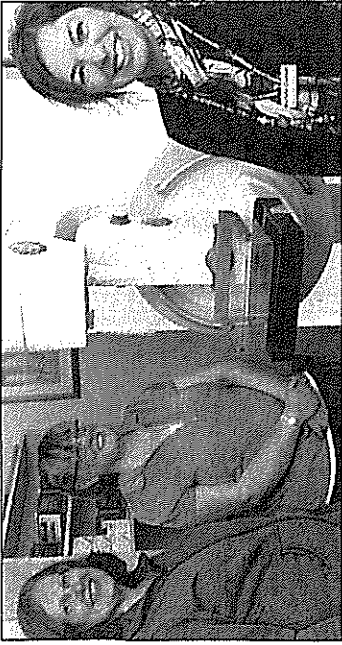
## Women are urged to get regular breast checks

ALMOST half of women aged between 50 and 69 in Maroondah are not getting regular breast checks, prompting a push from a leading health organisation to encourage them to "stop making excuses".

BreastScreen Victoria's Maroondah clinic has free breast screen appointments and is urging women to put their health first.

Participation data from 2013-2015 shows close to 43 per cent of local women aged 50 to 69 don't screen regularly, with more than 11,500 women not prioritising the vital checks.

Chief executive Vicki Pridmore said women



Michelle Woodman and Liz Petering with BreastScreen Victoria's Maroondah clinic program manager Michelle Clemson.

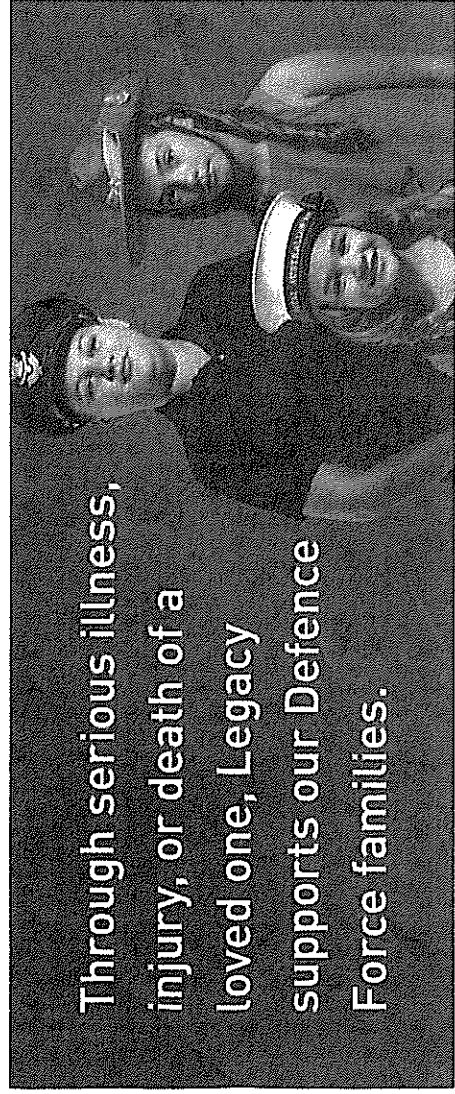
should take advantage of the excellent availability of appointments in Maroondah and do something that really could be lifesaving.

"One in eight women will be diagnosed with breast cancer ... the early detection a breast screen can give offers women the best chance of successful treatment and recovery," she said.

Breast screens are free, take 10 minutes and are with a woman.

Appointments at the Maroondah clinic, 24 Grey St, Ringwood East, can be made at breast-screen.org.au or by calling 13 20 50.

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