

COLUMBIA HEIGHTS

PROCLAMATION

Breast Cancer Awareness Month: October 2026

Breast cancer remains the most common invasive cancer affecting women across all racial and ethnic groups. Thanks to research, advocacy, and early detection, survival rates continue to improve. In Minnesota, nearly 93 percent of women diagnosed with breast cancer now live at least five years beyond diagnosis.

Across the nation, more than 168,000 women – and an unknown number of men – are living with metastatic breast cancer, an advanced stage with no current cure. Many continue treatment to extend and improve their quality of life.

American Indian and Black women face the highest mortality rates, followed by white women. Black women are more often diagnosed at later stages when treatments are limited or costly. Men, often unaware they can develop breast cancer, are also typically diagnosed later, which worsens outcomes. We must continue working to close these gaps in care and outcomes for all communities.

October is National Breast Cancer Awareness Month, a time to honor survivors, support those in treatment, and remember those we've lost. This observance reminds us that awareness, prevention, and compassion save lives.

Now, Therefore, I, Amáda Márquez Simula, proclaim October as Breast Cancer Awareness Month in the City of Columbia Heights.

I encourage everyone to take charge of their health by scheduling regular mammograms, performing self-exams, and staying informed about early detection. Together, we can continue making progress through knowledge, advocacy, and care for one another.

Amáda Márquez Simula, Mayor
October 13, 2026