

FOR IMMEDIATE RELEASE:

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### **MCHC and La Plaza F!esta Plan a *Fiesta* Against Breast Cancer**

**Madelia, Minn.** – The Madelia Community Hospital & Clinic (MCHC) and La Plaza F!esta are teaming up for a *Fiesta Against Breast Cancer* on Friday, October 18<sup>th</sup> between 4 and 8 p.m. at the popular Mexican restaurant in Madelia. La Plaza F!esta will be serving all of their regular menu items, with a few fun pink additions. MCHC personnel will be providing a special guest bartender and information on breast cancer and mammograms.

“We plan to turn ‘Plaza’ pink on the night of the event,” said Melissa Hunt, Radiology Department Manager. “It will be a fun night to remind the community to get their cancer screenings done, and to communicate how we can help you optimize your health and detect cancers at their earliest, most treatable stage.”

“We are always eager to work with local businesses, especially when it is supporting a good cause like breast cancer awareness,” said Krystal Hernandez, owner of La Plaza F!esta. “We hope to have a great turnout for the event.”

Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women, with about one in eight women developing invasive breast cancer during her lifetime. An important way to keep up with breast health is to be aware of how your breasts normally look and feel, and know what changes to look for. Finding breast cancer as early as possible gives you a better chance of successful treatment. Most common symptoms of breast cancer include: lump in the breast; swelling in or around your breast, collarbone or armpit; skin thickening or redness; breast warmth and itching; nipple changes or discharge; and pain.

Knowing what to look for is not a substitute for screening mammograms and other tests, which can help find breast cancer in its early stages, even before any symptoms appear. It is important to let your health care team know about any changes in breast health so they can be checked right away.

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**CAPTION: Melissa Hunt, Radiology Manager at MCHC, and Krystal Hernandez, La Plaza Fiesta Owner, during a planning session at the restaurant for their Fiesta event on Friday, October 18<sup>th</sup>.**

#### **About Madelia Community Hospital & Clinic**

Madelia Community Hospital & Clinic is an independent, nonprofit facility staffed by a team of medical professionals that are committed to providing health care of the highest standards to patients in the Madelia area. As a 25-bed acute care hospital, we offer all of the primary health services: Laboratory, Radiology, Physical Therapy, Home Care, Emergency Room/Urgent Care, and Surgical Care. Our attached family medical clinic also provides care for patients in all the seasons of their life. Over the years, we have proactively responded to the changing demands within the health care industry, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.