DON'T JUST WEAR THE PINK - DO SOMETHING WITH THE PINK

From the Desk of Dr. Jackie Ferguson

October is **Breast Cancer Awareness Month.** We wear pink, celebrate survivors, honor those we've lost, and pray for those still fighting. But this October, don't just WEAR the pink, **DO** something with the pink!

Breast cancer primarily affects women, but brothers, this isn't just a sisters' conversation. About 1% of breast cancer cases in the U.S. occur in men.

Black women are about **5% less likely than white women to develop breast cancer, but 38% more likely to die from it.** Black women are also more likely to develop triple-negative breast cancer, a type of breast cancer that can grow faster and be harder to treat. These numbers aren't meant to **SCARE** us. They're meant to **STIR** us!

"My people are destroyed for lack of knowledge" (Hosea 4:6). What we know matters, but what we **DO** with what we know matters more. We know how to pray, anoint with oil, call the prayer warriors, and believe God for a miracle, and we should. But after the amen, sometimes we need to make the appointment. Faith and healthcare are not enemies; caring for the body God gave us is stewardship.

Breast wellness involves the whole person. We care for ourselves physically through appropriate screenings, emotionally and psychologically by acknowledging our concerns, and spiritually by trusting God while taking responsible action.

🧰 TWO TOOLS FOR YOUR WELLNESS TOOLBOX

1. DON'T WAIT FOR A SIGN: Most church folks know something about asking for a sign: *"Lord, if that's really You, give me a sign!"* But when it comes to breast health, Don't Wait For A Sign! Some people with breast cancer have no signs or symptoms at all, and mammograms can sometimes detect breast cancer before it can be felt. Know your family history. Talk with your healthcare provider about your individual risk and when you should be screened. Sometimes wisdom means checking before there is a sign.

2. PUT SOME ACTION BEHIND YOUR AMEN: We can pray about our health and participate in our healthcare. After the church service, after the praise, after the prayer, and after the "Thank You, Jesus!" if you are due for a mammogram, make the appointment. Taking care of yourself is not a lack of faith; it's stewardship. Why? Because the whole you matters to God.

#HealingFromTheInsideOut

Sources: American Cancer Society, Cancer Statistics for African American and Black People (2025) and Breast Cancer Facts & Figures 2024–2025; Centers for Disease Control and Prevention, Breast Cancer Screening & Mammogram Resources.