

OCTOBER 2021

National Breast Cancer Awareness Month

Breast cancer is a disease in which malignant cells form in the tissues of the breast. Research estimates that 1 in 8 women will be diagnosed with invasive breast cancer during her life. Men are at a lesser risk, making up only 1% of breast cancer patients. While most people are aware of breast cancer, many forget to devise a plan to detect the disease in its early stages and encourage others to do the same.

If localized breast cancer is detected early, the five-year survival rate is 100%! That's why you should see your doctor regularly and conduct monthly breast exams so you can watch for symptoms that include:

- Nipple tenderness, or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (Some describe this as similar to an orange peel's texture.)
- A lump in the breast

Though there is no way to fully prevent breast cancer, there are ways to lower your risk. Speak with your doctor and visit www.breastcancer.org to learn more.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (10/3-10/9) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (10/10-10/16) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (10/17-10/23) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (10/24-10/30) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.