



OCTOBER 2020

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. It is important to know that men can be diagnosed with breast cancer as well, although only 1% of breast cancer patients are male. While most people are aware of breast cancer, many forget to take the steps to have 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 is why an early detection plan is important. 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

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 (10/4-10/10) – 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 (10/11-10/17) – Get started

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

Week 3 (10/18-10/24) – Look for improvement

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

Week 4 (10/25-10/31) – Reflect

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