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Is Breast Cancer Awareness Month

Breast cancer is the second-leading type of cancer among American women, behind skin cancer. In fact, nearly 1 in 8 women will develop breast cancer during their lives—the disease can also affect men, although it's considered rare. So, if you're a woman, don't ignore your breast health.

October is Breast Cancer Awareness Month, meaning now is when you should learn about this serious disease, its risk factors and symptoms.

While most breast cancer cases are found among women ages 50 and older, the disease can develop sooner. Risk factors for breast cancer include age, family history and prior radiation therapy treatment. Symptoms of breast cancer include changes in breast sizes or shapes, breast pain and breast lumps.

Note, these lists are nonexhaustive. Your doctor will be able to tell you more about risk factors and ways to detect breast cancer, including how to conduct a breast self-exam. Your doctor can also tell you whether routine breast cancer screenings are right for you.

Reach out to us today for more health and wellness resources.