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National Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer among American women, behind skin cancer. The American Cancer Society estimates that 1 in 8 women will develop breast cancer during their lives. This disease can also affect men, although it's considered rare.

October is Breast Cancer Awareness Month. It's important to understand the disease and conduct monthly breast exams to check for symptoms like changes in breast size or shape, breast pain and breast lumps. While the median age at the time of breast cancer diagnosis is 62, new research revealed that the rate of breast cancer among women ages 40-49 is increasing. As such, the U.S. Preventive Services Task Force recommends that women start getting regular mammograms at age 40.

Reach out to us today for more resources for women's health and breast cancer.