

Health & Wellness

Tip of the Week

October is all about **Breast Cancer Awareness**. It is the perfect time to remind you about the importance of taking the steps to have a plan to detect the disease in its early stages and to encourage others to do the same.

Week 42
October 17, 2016

Women's Health

If you're a woman, you may spend a lot of time taking care of others. But are you taking care of yourself? Make sure you're doing all you can to stay healthy.

Regular exams can spot cancer and other illnesses in their early stages. That is when they're easiest to treat. Keep these suggestions in mind:

- ✂ Have a yearly mammogram starting at age 40.
- ✂ Plan a yearly clinical breast exam (CBE) by your doctor or nurse practitioner if you are 40 or older.
- ✂ Have a CBE every three years if you are in your 20s and 30s.
- ✂ Do a monthly breast self-exam and tell your doctor right away about any changes.
- ✂ Get a pap smear if you are age 21 or older or have been sexually active.

Talk to your doctor about your family history and ask if you should start tests at an earlier age.

Sources: American Cancer Society



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