

# 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 43  
October 24, 2016

### Breast Cancer Awareness

Breast cancer is one of the most common cancers that strike women. One in eight women will have breast cancer at some point in their lives. It's not known what causes this disease, but there are certain factors which can raise your chances of getting this cancer. Some things you can't change:

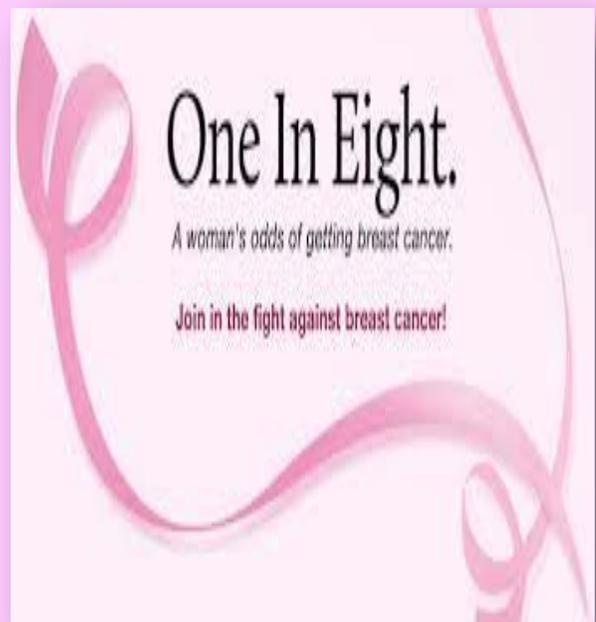
- ⌘ The older you are, the more likely you are to have breast cancer.
- ⌘ Two genes, BRCA1 and BRCA2, greatly increase your odds. If you have family members with breast or ovarian cancer, consider asking your doctor about being tested.
- ⌘ Beginning your periods before age 12 or going through menopause after age 55 also raise the chances that you may develop breast cancer.

Other things that can raise your chances of having breast cancer:

- ⌘ Being overweight
- ⌘ Using hormone replacement therapy
- ⌘ Taking birth control pills
- ⌘ Drinking alcohol
- ⌘ Not having children or having your first child after age 35
- ⌘ Having dense breasts.
- ⌘

Don't forget: Men can also have breast cancer, although it is rarer.

*Sources: American Cancer Society*



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