

# 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 40  
October 3, 2016

### Breast Cancer Signs and Symptoms

The American Cancer Society advises all women to be familiar with how their breasts normally look and feel. Talk with your doctor about monthly breast self-exams.

#### Lying Down

- ✂ Put your left hand behind your head. With the finger pads of your right hand, feel your entire left breast and armpit area. Switch arms and repeat the exam for your right breast.

#### Symptoms

When breast cancer symptoms do occur, they may include:

- ✂ Breast lump or mass that may or may not be painful
- ✂ Lump or swelling under arm or around collarbone
- ✂ Skin irritation, dimpling, or swelling of all or part of breast
- ✂ Breast or nipple pain, or nipple turning inward
- ✂ Redness, scariness, or thickening of nipple or breast skin
- ✂ Nipple discharge other than breast milk



*Sources: American Cancer Society, Positive Promotions*



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