

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 44
October 31, 2016

Breast Cancer Signs

Breast cancer is the second most common cancer in women. Only skin cancer strikes more often in women. Your chances of surviving breast cancer are better the earlier it's found. So learn the signs:

- ⌘ A breast lump
- ⌘ Change in size, shape, or feel of the breast
- ⌘ Fluid (called 'discharge') from a nipple

Talk to your doctor if you see any of these signs. Also tell your doctor if breast or ovarian cancer runs in your family. Your doctor can help you decide when you should start getting mammograms and how often you should be screened.



Sources: U.S. Department of Health & Human Services



Human Resources
1201 E. 8th Street
Mission, Texas 78572