

Health and Wellness Tip of the Week - Week 40

Monthly Topic





October is Breast Cancer Awareness Month. It's the perfect time to remind employees about the importance of lowering your cancer risk.

October 5, 2015

Reality Check

Breast cancer is a reality for one in eight women during their lifetimes. That's why it's vital to set up routine mammogram screenings. It can raise the odds of catching the disease early, which means you can get treatment early if needed.

Knowing the signs of breast cancer also can help save lives. But not all symptoms are breast cancer. Some could be a cyst, infection, medicines or even birth control pills. Be on the safe side and call your doctor if you have any of these red flags:

-  Lumps or thick tissue in or near your breast or under your arm
-  Changes to breast shape or size
-  Nipple discharge that's not breast milk
-  Changes to the look or feel of your breast skin or nipple, such as redness, itching, flaking or dimpling

Source: U.S. Department of Health and Human Services



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