



CANCER SCREENING
CAN *Save* YOUR LIFE



Preventive Cancer Screenings

Health and Wellness

**Tip of the Week
Week 37**

September 14, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Reality Check

One in eight women will be diagnosed with breast cancer. It is vital to set up routine mammogram screenings. This can greatly raise the odds of catching the disease. Know the signs of breast cancer and watch for these red flags:

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

Be on the safe side and call your doctor if you have any of these symptoms.

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

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