

Breast Cancer Awareness Month: Early Detection Saves Lives

October is Breast Cancer Awareness Month, a time dedicated to raising awareness, encouraging preventive care, and supporting those affected by breast cancer.

Know the Importance of Early Detection:

Regular screenings and routine healthcare visits can help identify concerns early, when treatment may be most effective. Talk with your healthcare provider about recommended screenings based on your age, family history, and personal risk factors.

Potential Signs to be Aware of:

Please contact your healthcare provider if you notice:

- ◆ A new lump in the breast or underarm area
- ◆ Changes in breast size or shape
- ◆ Skin irritation or dimpling
- ◆ Unusual nipple discharge
- ◆ Persistent breast pain or discomfort

Prioritize Your Health:

Simple healthy habits can support overall wellness:

- ◆ Stay physically active
- ◆ Eat a balanced diet
- ◆ Get adequate sleep
- ◆ Schedule annual wellness exams
- ◆ Know your family health history

Supporting One Another:

Many people know someone whose life has been impacted by breast cancer, a kind word, a listening ear, or simple encouragement can make a meaningful difference to coworkers, friends, and family members facing health challenges.

October Wellness Reminder:

Take time this month schedule a preventive care appointments and prioritize your health. Awareness and early detection can make a difference.

October — Breast Cancer Awareness Month

October 1st— International Coffee Day

October 28th— National Chocolate Day

October 31st — Halloween

If you have any questions or concerns regarding this article or any other HR issue, please feel free to give us a call or send us an email.

We are here to help.

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