

OCTOBER

Breast Cancer Awareness Month

Join Us in the Fight Against Breast Cancer!

October is Breast Cancer Awareness Month, a time to raise awareness, educate ourselves, and support those affected by breast cancer. Together, we can make a difference!

Breast cancer is the second most common cancer found in women. About 1 in 8 women born today in the United States will develop breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early.

Learning when and how to get screened for breast cancer is essential for your health. Mammograms are the most effective tool for early detection, significantly increasing the chances of successful treatment and potentially reducing the risk of dying by 30% or more. While Breast Self-Exams (BSEs) are important, they cannot replace the need for regular mammograms.

Each woman's screening schedule may vary based on individual risk factors, such as family history. It's crucial to discuss with your doctor when to start mammograms to create a personalized screening plan.

Southern Land's Medical Plan:

Annual mammograms are covered 100% in-network for women age 40 and older.

Know Your Risk Factors:

- Increasing age
- Family history of breast cancer (mother or sister)
- Genetic changes (BRCA1, BRCA2)
- Dense breast tissue
- Personal history of breast cancer
- Certain non-cancerous breast changes
- Prior radiation therapy to the chest
- Hormone therapy after menopause
- Lifestyle factors: obesity, lack of exercise, alcohol use

Recognize Symptoms:

If you notice any of the following changes, contact your doctor:

- Pain, tenderness, or itching
- Thickened skin or hard areas
- Pits or ridges on the skin
- Nipple changes (inward turning, shape alteration)
- Swelling or warmth in one breast
- Unusual lumps or masses
- Nipple discharge (not related to breastfeeding)

Note: Did you know that men can develop breast cancer too? Though rare, men should also be aware of changes in their breasts and consult a doctor if they notice anything unusual.

Sources:

- <https://healthylearn.com/connerstrong/hn/breast-cancer-awareness.html>
- <https://healthylearn.com/connerstrong/hn/the-facts-about-breast-cancer-screening.html>
- <https://healthylearn.com/connerstrong/hn/breast-cancer-and-rashes.html>