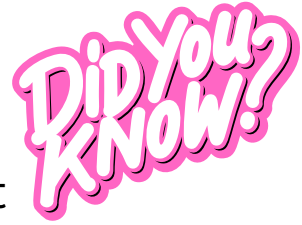






CHATTING ABOUT HEALTH

October is Breast Cancer Awareness Month





 Breast cancer is a disease in which cells in the breast grow out of control.

 Warning signs of breast cancer can include

- New lump, thickening or swelling of the breast
- Changes in the skin of the breast or nipple like irritation, dimpling, redness, and flaking
- Nipple discharge other than breast milk, including blood.
- Change in the size or shape of the breast
- Pain in any area of the breast

Some people have no signs or symptoms at all

 A mammogram is an x-ray of the breast. Regular mammograms can find breast cancer up to 3 years before it can be felt.

 The main risk factors for developing breast cancer are being a woman and getting older. Other risk factors include:

- Certain genetic mutations
- Starting menstrual periods before the age of 12
- Starting menopause after the age of 55
- Having dense breasts
- Personal or family history of breast or ovarian cancer

<https://www.cdc.gov/breast-cancer/index.html>

Learn more
from CDC:



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Steps you can take to help lower your risk of developing breast cancer

- Keep a healthy weight
- Be physically active
- Limit alcohol consumption
- Discuss the risks of hormone replacement therapy and birth control pills with your doctor to find out if they are the right choices for you
- Breastfeed your children, if possible
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.



HOPE

Breast cancer is treated in several ways including

- Surgery
- Radiation
- Biological therapy
- Chemotherapy
- Hormone therapy

<https://www.cdc.gov/breast-cancer/index.html>

Learn more from CDC



COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :
<https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit:
<https://www.vaccines.gov/>

