



CHATTING ABOUT HEALTH



OCTOBER IS BREAST CANCER AWARENESS MONTH




The two greatest risk factors of breast cancer are **being female** and **getting older**.

1 in 8 women will be diagnosed with breast cancer in her lifetime.
That's one person every 12 minutes in the U.S.

American Cancer Society estimates that **43,250** women will die from breast cancer in 2022.


Factors linked to INCREASED risk

- Being born female
- Increasing age
- Family history
- Current or recent use of birth control pills
- Alcohol use



Factors linked to DECREASED risk

- Maintaining a healthy weight
- Exercising regularly
- Eating fruits and veggies
- History of breastfeeding



• SCREENING TESTS ARE USED TO FIND BREAST CANCER BEFORE IT CAUSES ANY WARNING SIGNS OR SYMPTOMS.
• REGULAR SCREENING TESTS (ALONG WITH FOLLOW-UP TESTS AND TREATMENT, IF DIAGNOSED) REDUCE YOUR CHANCE OF DYING FROM BREAST CANCER.

LEARN MORE

from Komen.org



and American Cancer Society



FLU



**GET YOURSELF AND YOUR FAMILY
VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



- Flu can cause mild to severe illness.
- Symptoms like fever, cough, sore throat, runny nose, body aches, headache and fatigue usually come on suddenly.
- The best way to prevent flu is by getting a flu vaccine each year.
- Check our webpage for times and locations of flu clinics in our area.



CHILDHOOD LEAD POISONING

- Children can be exposed to lead by touching, swallowing, or breathing in lead or lead dust
- No safe blood lead level has been identified for children
- Even low levels of lead in the blood can have lifelong health impacts
- The good news is that childhood lead poisoning is preventable



Learn more about the health effects of lead exposure from CDC here:



COVID-19

- COVID-19 vaccines are safe and effective
- CDC recommends everyone 12 and older get a new updated bivalent omicron booster if it has been at least 2 months since their last dose.



Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>

