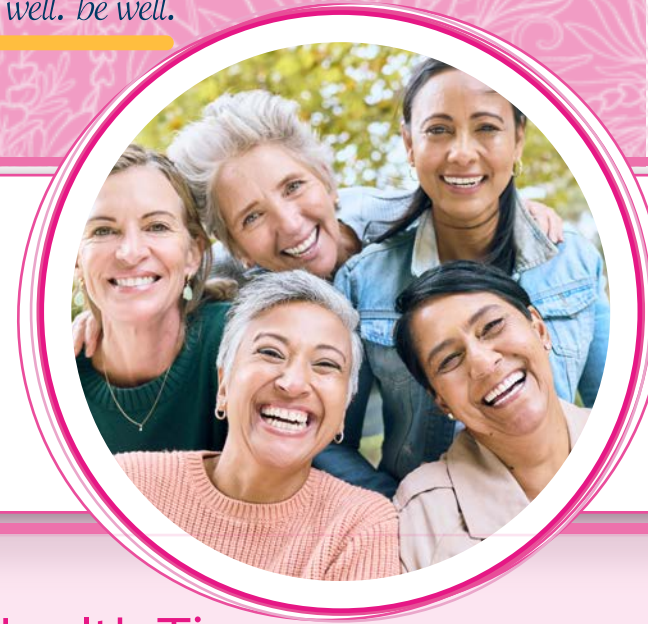


healthy choices



live well. be well.

Breast Cancer Awareness Month



In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

What are the symptoms ?

Don't wait for symptoms to appear. Get screened according to guidelines. If you do notice any of the following symptoms, talk with your health care professional:

- ✿ Redness scaliness or thickening of nipple
- ✿ Swelling of all or part of breast.
- ✿ Skin irritation or dimpling.
- ✿ Breast or nipple pain.
- ✿ Nipple retraction (turning inward)

ONE IN 8 WOMEN
In the United States will be diagnosed with breast cancer in her lifetime.

Breast Health Tips

Breast cancer can strike anyone, both women and men of any age—regardless of a family history of the disease. It's important for you and your loved ones to visit your doctor and follow the measures below to keep healthy—it can even save a life!

- **Know the Risks.** Your doctor can help determine your personal risks. Be sure to let your physician know if a family member has been diagnosed with breast cancer.
- **Be Alert to Changes.** Tell your doctor about any changes you may see or feel—including a lump, pain, discoloration, or anything else that concerns you.
- **Get Screened.** Ask your doctor about getting a mammogram which helps detect cancer in its earliest, most treatable stage.
- **Adopt Healthy Lifestyle Changes.** There are no sure ways to prevent breast cancer. However, making certain lifestyle changes may reduce your risk. Get regular exercise, maintain a healthy weight, avoid or limit alcohol, and stop smoking.

If you have questions or concerns, don't hesitate to speak with your doctor.

Women's Health

Take Time to Care About Your Health.

Women often spend so much time helping others that they don't take time for themselves. It's OK to take time to focus on good health. It can be easy to prioritize the health and well being of your loved ones first, but it is important to take control of your health too. Health screenings, such as pap smears and mammograms are an important way to help recognize health problems, sometimes before there are any signs or symptoms. Ask your health care provider which health screenings are right for you and find out how often you should get screened. From exercising and making healthy food choices to managing health conditions such as high blood pressure and diabetes, you can take steps toward good overall health every day.



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