



Healthy choices



live well. be well.



LET'S TALK MAMMOGRAMS

Breast Cancer Awareness

What is a mammogram?

A mammogram is a special type of X-ray used to look at the breast tissue. It helps doctors check for early signs of breast cancer or other breast changes, often before any symptoms appear.

There are two main types:

• Screening Mammogram

Routine check for people with no symptoms.

• Diagnostic mammogram

Done if there's a lump, pain, or other breast changes.

We talk so much about breast health, yet 1 in 2 women skip their annual breast screening. This is the very test that can catch cancer early, when it is most treatable.

Since everyone's breast cancer risk is unique, here's a quick breakdown:

If you are 40 and over: Make annual screening a priority.

If you are under 40: Now is the time to learn your breast cancer risk and talk with your doctor about whether you should start screening earlier.

You can get a mammogram at hospitals, imaging centers, or women's health clinics. You may also contact **The Welfare Fund office for assistance at 314.835.2700 or 1.866.565.2700**



*covered as outlined by American Cancer Society

Cancer Navigator

The Cancer Navigator service provides tailored education and guidance to cancer patients as they navigate the many decisions that follow a diagnosis.



To reach one of our Oncology Nurse Navigators today: 314.946.8881

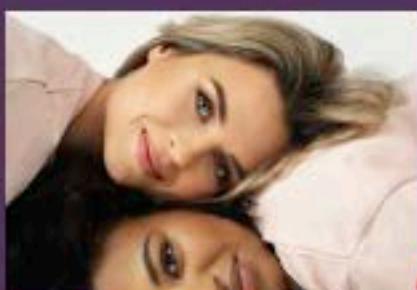
To learn more contact The Health and Welfare Fund 314.835.2700 or 1.866.565.2700

Support for Cancer Patients:

- Receive education on cancer screenings for early detection.
- Access tailored information about your diagnosis and treatment.
- Schedule appointments quickly with the best centers in your area.
- Prepare for your upcoming doctor visits.
- Access transportation support, emotional and mental health support, and other community resources.

UFCW LOCAL 655





Essential Health tips for every women

As women, we may know generally what we should do to maintain our health, but we may not know when or how often we should think about exams, screenings and checkups. Here are 5 facts about women's health, and why they should matter to you:

Nearly 2/3 of Americans who have Alzheimer's disease are women. By age 65, a woman has a 1 in 5 risk of developing Alzheimer's disease at some point in her life. There are no definitive ways to prevent Alzheimer's disease but leading a healthy lifestyle can reduce your risk.

- 1. Heart disease is the leading cause of death for women.** And women often don't recognize the signs of a heart attack. A woman may experience symptoms different from what we traditionally think of as signs of heart attack.
- 2. Cancer is the second leading cause of death in women.** Women should begin regular screenings for cervical cancer at age 21 and screenings for colon cancer at age 45.
- 3. Breast cancer is probably the most discussed cancer in women.** And for good reason – 1 in 8 women will develop breast cancer at some point in her lifetime. Yearly screening mammograms can detect cancer earlier, when it is easier to treat.
- 4. Women are twice as likely as men to experience depression.** If you are experiencing symptoms of depression, please talk to your healthcare provider. They can provide information about available treatments.

UFCW LOCAL 655 HEALTH AND WELFARE FUND

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300 Neidman Road Ballwin Mo. 63011
SUNDAY, OCTOBER 26TH

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THE FREE BIOMETRIC SCREENING AND FLU SHOT ARE FREE FOR ALL ACTIVE PARTICIPANTS, COVERED SPOUSES (18+), AND RETIREES!

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There will be a Spanish interpreter on site.

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