

# OCTOBER IS BREAST CANCER AWARENESS MONTH!



*Activate Healthcare and Mid Central Operating Engineers join the worldwide effort to increase the awareness, early detection and treatment of breast cancer.*

Did you know? Breast cancer is the most common type of cancer in women. Finding breast cancer early – when it's small, has not spread, and might be easier to treat – can help decrease the serious nature of the disease. Obtaining regular screening tests is the most reliable way to find breast cancer early.

Mammograms are usually recommended for women beginning at age 40-45. Your provider can help you determine the best frequency for mammograms and any additional types of screenings based on your age and risk factors.

In addition, it is helpful to stay familiar with how your breasts normally look and feel and report any changes to your care team right away.

Other ways to decrease your risk of breast cancer include:

- + Keep a healthy weight
- + Exercise regularly
- + Avoid or limit alcohol
- + Consider possible risks associated with hormone replacement and birth control pills
- + Breastfeed your children, if possible

Your Activate Health & Wellness Center can help by referring you to a qualified, in-network imaging provider, based on cost and quality. Your care team can also work with you to create a health plan to lower your overall risk of developing breast cancer.



*Call today and make your health a priority!*

## **ACTIVATE HEALTH & WELLNESS CENTER**

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