

October

BREAST CANCER AWARENESS



Why is this important?

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. Breast cancer is the most common cancer in American women, except for skin cancers. On average, every 2 minutes a woman is diagnosed with breast cancer in the United States. According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization. The American Cancer Society states that when breast cancer is detected early in the localized stage, the 5-year survival rate is 99%. Early detection is key.

What individuals can do :



U.S. Preventive Services Task Force (USPSTF) mammogram guidelines recommend women begin screening at age 50 and repeat the test every one to two years.



Complete a breast self-exam monthly.



Make healthy living a priority in your life to reduce your risk of all cancers.



Women should talk to their doctor about when to start mammogram screenings as it could be recommended to begin sooner based on your family history.

Sources: National Breast Cancer Foundation. <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>
American Cancer Society. <https://www.cancer.org/>
National Cancer Institute. <https://www.cancer.gov/types/breast/mammograms-fact-sheet>

Monthly Health Observances

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