



## We're Stronger Together

Breast cancer is the second most common type of cancer among American women, behind skin cancer. In fact, nearly 1 in 8 women will develop breast cancer during their lives—the disease can also affect men, although it's considered rare.

October is Breast Cancer Awareness Month, while most breast cancer cases are found among women ages 50 and older, the disease can develop sooner. Risk factors for breast cancer include age, family history and prior radiation therapy treatment. Symptoms of breast cancer include changes in breast sizes or shapes, breast pain and breast lumps.

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### What Can I Do to Reduce My Risk of Breast Cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

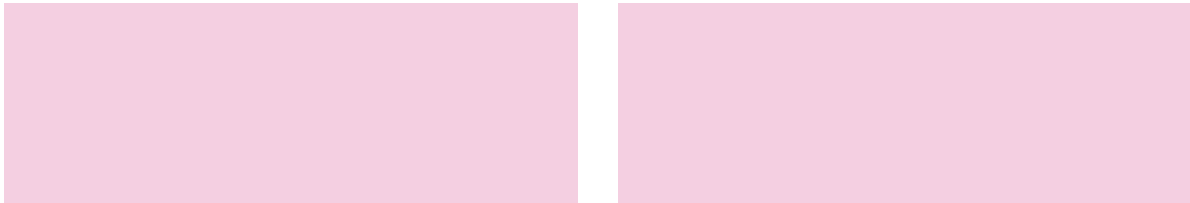


- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

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## Breast Cancer Screening Recommendations

The USPSTF (The United States Preventive Services Task Force) recommends that women who are 50 to 74 years old and are at average risk for breast cancer get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor or other health care professional about when to start and how often to get a mammogram. Women should weigh the benefits and risks of screening tests when deciding whether to begin getting mammograms before age 50.





### Mammogram

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

[Read more](#)



### Breast Magnetic Resonance Imaging (MRI)

A breast MRI uses magnets and radio waves to take pictures of the breast. Breast MRI is used along with mammograms to screen women who are at high risk for getting breast cancer.

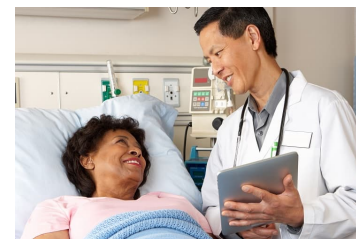
[Learn more](#)

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## How Is Breast Cancer Treated?

Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. People with breast cancer often get more than one kind of treatment.

- Surgery - an operation where doctors cut out cancer tissue.
- Chemotherapy - using special medicines to shrink or kill the cancer cells. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- Hormonal therapy - blocks cancer cells from getting the hormones they need to grow.
- Biological therapy - works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments.
- Radiation therapy - using high-energy rays (similar to X-rays) to kill the cancer cells.



[Find Out More](#)

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## Caregiver support resources

As part of our commitment to support family members and friends providing care to loved ones with cancer, the American Cancer Society developed the Caregiver Resource Guide. In addition to information about the caregiving process and what to expect with a cancer diagnosis and its treatment, the tool focuses on caregiver self-care, communication, coping, and caregiver resources.

[Learn More About Caregiving](#)

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## Fall Jokes

**What do you call a belt made of watches?**

A waist of time.

**Where do math teachers go on vacation?**

Times Square.

**What do you call a fish with no eyes?**

A fsh.

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Brown and Brown | 11595 N. Meridian St. Suite 250 | Carmel, IN 46032 US

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