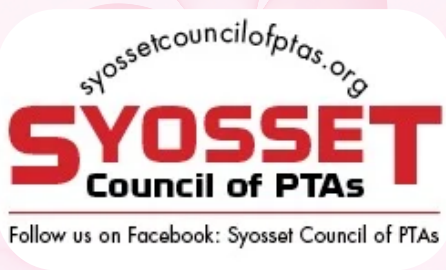




October

BREAST CANCER AWARENESS MONTH



Small everyday choices + recommended screening can help support breast health.

HEALTH & SCREENING

- **KNOW YOUR FAMILY HISTORY; TELL YOUR HEALTHCARE PROVIDER ABOUT BREAST OR OVARIAN CANCER IN CLOSE RELATIVES.**
- **FOLLOW CURRENT MAMMOGRAM GUIDANCE WITH YOUR PROVIDER. IN THE U.S., AVERAGE-RISK WOMEN AGES 40–74 ARE ADVISED TO SCREEN EVERY 2 YEARS (USPSTF, 2024).**
- **KNOW WHAT IS NORMAL FOR YOUR BREASTS. REPORT A NEW LUMP, NIPPLE DISCHARGE, SKIN DIMPLING, SWELLING OR PERSISTENT CHANGE PROMPTLY.**
- **ASK YOUR PROVIDER ABOUT PERSONAL RISK AND WHETHER GENETIC COUNSELING OR EARLIER SCREENING MAY BE APPROPRIATE.**

SAFETY & PREVENTION

- *No food, supplement or product can guarantee prevention; be cautious of 'cancer-prevention' claims.*
- *Avoid smoking; seek support to quit if needed.*
- *Use reputable sources for health information and discuss supplements or hormone therapy with your clinician.*
- *Keep appointments and follow up on abnormal screening results—early evaluation matters.*



Nutrition & Lifestyle

- Fill your plate with colorful fruits, vegetables, whole grains, beans and lentils.
- Choose plant-forward meals; limit processed meats and highly processed foods.
- Limit alcohol—less is better for breast cancer risk.
- Aim for regular movement; build activity into family routines.
- Maintain a weight that supports your health, especially after menopause.

THIS MONTH: SCHEDULE AN
OVERDUE MAMMOGRAM •
TAKE A DAILY WALK • SHARE
RELIABLE INFORMATION •
SUPPORT SOMEONE
AFFECTED BY BREAST
CANCER



Resources: American Cancer Society •
CDC • National Cancer Institute •
USPSTF
([uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org))
Educational information only; consult
your healthcare provider for personal
recommendations.