

October is Breast Cancer Awareness Month

This October, Level Up will be providing you with valuable information focused on breast cancer education and support.

According to the American Cancer Society, breast cancer is the second leading cause of cancer in women. So don't put things off. Watch for warning signs, know your risk factors, and reduce any risks that you can. Plus, get the screening tests that can find cancer early.

What Are The Signs of Breast Cancer?

Not everyone has the same warning signs. Some people don't have any signs at all – they find out that they have breast cancer after a mammogram. Common warning signs include:

- New lump in the breast or underarm
- Thickness or swelling of part of the breast
- Irritation or dimples on breast skin
- Any change or size in the breast
- Nipple discharge other than breastmilk
- Pain in the breast

Risk Factors

- Being a woman
- Age 50 or older
- Having the breast cancer genes

If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about getting screened.

How Often Should You Get A Mammogram?

At age 40, women should talk with their doctor about when to start screening and how often to get a mammogram.

About Breast Cancer

Breast Health & Early Detection

[How to Support a Loved One]

Show Your Support

One of the biggest reasons raising awareness about breast cancer is important is that **breast cancer is the most commonly diagnosed cancer in women, and it is the second leading cause of death among women**. All month long, Level Up will spread awareness about breast cancer through our weekly Wellness Wednesday articles.

Send a photo of you or your team creatively wearing **pink** to LevelUp@co.pg.md.us and you could win a special prize at the end of the month!

Additional Resources

- Menopause Toolkit
- Breast Cancer Foundation – Susan G. Komen
- National Breast Cancer Foundation
- Tigerlily Foundation
- Know Your Lemons ~ Cigna members
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on mindfulness and well-being — free webinars available to all employees. Register and tune in!

Protect Yourself from the Flu!

- Cigna members
- Kaiser Permanente members

Coming Soon – Diabetes Awareness Month Events!



Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 110
Largo, MD 20774
LevelUp@co.pg.md.us

County Executive Aisha N. Braveboy
Elevate
PRINCE GEORGE'S
One County United
ELEVATE YOUR VOICE | ELEVATE YOUR COMMUNITY

OHRM
Office of Human Resources Management