

October is Breast Cancer Awareness Month

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

The American Cancer Society highlights that knowing how your breasts normally look and feel is an important part of breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

Did You Know?

According to recent statistics, breast cancer remains a significant health concern. Breast cancer is the most common cancer in women in the US besides skin cancers. It accounts for about 1 in 3 new cancers in women each year.

Detecting breast cancer at an early stage dramatically increases the chances of successful treatment and a positive outcome. When breast cancer is diagnosed at its earliest, localized stage, the five-year survival rate is over 90%, highlighting the life-saving potential of regular screenings. Regular self-examinations and clinical checks enable women to become familiar with their own bodies, making it easier to spot any unusual changes or abnormalities.

About Breast Cancer

Breast Health & Early Detection

How to Support a Loved One

Make Time for Your Health

Schedule your mammogram today. Call your doctor or OB/GYN.

- Cigna members
- Kaiser Permanente members

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

- Breast Cancer Foundation – Susan G. Komen
- National Breast Cancer Foundation
- Tigerlily Foundation
- 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!

Coming Soon – Diabetes Awareness Month Events!



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