

October 2021 Wellness Champions



October is Breast Cancer Awareness Month

Greetings, Wellness Champions! As you and your wellness committee plan activities and share information with your co-workers, consider adding in health awareness topics to bring attention to important health issues. For instance, October is National Breast Cancer Awareness month.



Common activities include wearing pink during the month of October or participating in a fund-raiser walk. You can also share information like that below to help increase knowledge and understanding of this disease.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer depending on which cells in the breast turn into cancer. According to the Centers for Disease Control, breast cancer is the second-most-diagnosed cancer in American women.

- Risk for breast cancer is due to a combination of factors. Some risk factors you cannot change, but others you can. [Learn the risk factors and how you can lower your chances of getting breast cancer.](#)
- Some young women are at higher risk of having breast cancer. Most breast cancers are found in women who are 50 and older, but breast cancer also affects younger women. [Find out who is at higher risk](#) of getting breast cancer at an earlier age and ways to reduce this risk.

- Do you know the [warning signs of breast cancer](#)? People exhibit different symptoms, and some may not have any symptoms at all. Learn what to watch out for.
- Breast cancer only occurs in women, right? Not so! While it is rare, [men can get breast cancer too!](#)
- Are you putting off having your first mammogram? Once your medical provider recommends a mammogram, don't avoid it. [Learn what to expect](#) during this screening test.
- [Stay on track with screening mammograms!](#) Regular mammograms can lower the risk of dying from breast cancer. A mammogram is the best way to find breast cancer early, when it is easier to treat and often before symptoms appear.
- Are you worried about the cost? [Screening mammograms](#) are covered for State Health Plan members as part of your [preventive care benefits](#) and are available both in- and out-of-network.
- [Breast cancer affects physical and mental health.](#) Cancer can bring up many feelings you're not used to dealing with and can make existing feelings seem more intense. Learn about feelings people often experience – and ways to cope!

Talk with your health care provider about breast cancer screenings. Report any changes that you notice during a breast self-exam and attend preventive care appointments each year.

Remember that planning activities can be simple. Health observances are a great way to find topics to plan around. We encourage you to share important information about health issues and support health awareness months as often as possible.

Wellness Champions is moving to a quarterly format with more fitness articles and tips each issue. Look for the next edition in January!



This Month's
Healthy
Recipe



This Month's
Wellness
Tip



**Pumpkin &
Black Bean Soup**

[Get the Recipe! >](#)



**Breast Cancer
Awareness**

[Learn More! >](#)

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Questions?

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