



Healthy Habits, Regular Screening Key to Reducing Breast Cancer Risk

The American Cancer Society estimates more than 250,000 new cases of invasive Breast Cancer will be diagnosed in women this year. An average of 1 in 8 women are diagnosed with breast cancer in their lifetimes, and nearly 75 percent of all women diagnosed do not have a family history. Mammograms have improved survival rates by

nearly 40 percent since screenings became widespread in the U.S. in 1990, because it helps providers find cancer early when it's most treatable.

You don't need a referral from your doctor to have a screening mammogram and there are Saturday appointments available too!

To schedule a mammogram call 919-731-6013 or online at:

<https://www.wayneunc.org/care-treatment/breast-health/schedule-mammogram-form>

Did you know Wayne UNC Health Care offers access quality health care when and where you need it through your phone, computer or tablet with UNC Urgent Care 24/7?

Register today, and see a doctor in less than 10 minutes for **\$49 or less**, depending on insurance. You can even get prescriptions sent to your local pharmacy.



Free flu shots are available for all county employees until supplies last!

No appointment needed.

Monday –Thursday 7:30a-2:30p

(closed 11:00-11:30a)

Flu vaccine is vital in reducing your chances of getting sick. For people who do get sick, flu vaccine can reduce severity of illness, helping you get on your feet sooner than if you had not been vaccinated.



Get vaccinated now. #FightFlu