



Employee Wellness Counts!

Newsletter: October 2021



October is Breast Cancer Awareness Month

Breast cancer is a cancer that forms in the cells of the breast. Breast cancer can occur in both men and women. It starts when cells begin to grow out of control. There are different kinds of breast cancer. The kind depends on which cells in the breast turn into cancer. It is caused when the DNA in breast cells mutate disabling specific functions that control cell growth and division. These cells die or attacked by the immune system. Unfortunately, some cells escape the immune system and grow forming a tumor. Early detection and diagnosis significantly increases survival rate. Breast cancer screening guidelines vary. A screening mammogram is recommended for all women aged 50-74. Earlier screenings should occur earlier if any symptoms of breast cancer occur or a family history. Check with your health care professional for recommendations specific to you.



Symptoms of breast cancer

- Lump in the breast or underarm
- Dimpling or irritation of the breast skin
- Pain in any area of the breast
- Discharge from the nipple other than breast milk
- Swelling or thickening of part of the breast
- Change in the size and shape of the breast
- Nipple or breast skin that is red, dry, flaking or thickened
- Inversion or pulling of the nipple inward
- Swollen lymph nodes under the arm or around the collar bone

If you have any of these symptoms, make an appointment with your health care professional. Early detection of breast cancer is easier to treat successfully.



Upcoming Events

October: Flu vaccine clinics

Reference:

American Cancer Society
 CDC Website
 Mayo Clinic

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