



Breast cancer testing

Regular breast cancer screenings can help find signs of cancer early, when they are most treatable.

The American Cancer Society recommends annual screenings starting at age 40-44 for women of average risk for breast cancer. Those at higher risk should receive a mammogram every year, typically starting at age 30.

This includes women who:

- Have a personal or family history of breast cancer
- Have a known BRCA1 or BRCA2 gene mutation
- Have a first-degree relative (parent, brother, sister or child) with a BRCA1 or BRCA2 gene mutation
- Have had radiation therapy to the chest

Women age 40 and older are encouraged to talk to your physician about what is right for you.

CLINK THE LINK TO TAKE A SHORT QUIZ PROVING COMPLETION:
<https://www.surveymonkey.com/r/JD8CFXQ>

MONTHLY OBSERVANCES

OCTOBER

Domestic Violence Awareness

Health Literacy

Breast Cancer Awareness

Sudden Infant Death

Syndrome (SIDS) Awareness

NOVEMBER

American Diabetes Month

COPD Awareness

Great American Smokeout
(11/21)

DECEMBER

Influenza Vaccination
Week (12/1-12/7)

Handwashing Awareness
Week (12/1-12/7)