



## National Breast Cancer Awareness Month

### Can Breast Cancer Be Detected Early?

YES. Cancers that are found early, when they are small and haven't spread, are easier to treat and have better outcomes. The American Cancer Society encourages regular breast cancer screenings to detect breast cancer early. An early detection can lead to a greater range of treatment options and less extensive surgery.



### Clinical Breast Exams & Breast Self Exam

All women should be familiar with how their breast normally look and report any changes to their doctors right away.



### Screening For Women at Average Risk

**Ages 40—44:** Yearly mammograms are recommended if patient wishes to do so

**Ages 45—50:** Should get mammogram every year

**Ages 55 and older:** Should switch to mammograms every 2 years or continue yearly screenings

### Screening For Women at Higher Than Average Risks

Women with a personal or family history of breast cancer, genetic mutations (such as BRCA) and women who received radiation therapy to the chest before age 30 are at higher risk. It is recommended to obtain an MRI and mammogram every year.



### Lowering Your Risk

You can help decrease the risk of breast cancer by making healthy lifestyle choices such as eating a healthy diet including vegetables, fruit, fish poultry and low fat dairy products. It is recommended to perform regular physical activity; at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activities spread throughout the week and maintain a healthy body weight. Alcohol consumption increases risk of breast cancer, even low intake levels, therefore, it is recommended to avoid or limit your alcohol intake. The American Cancer Society recommends that women have no more than one alcoholic drink per day.



### OCTOBER IS:

- National Breast Cancer Awareness Month
- Bone and Joint Health National Action Week
- Red Ribbon Week
- Healthy Lung Month

# Bone and Joint National Action Week



Bone and joint conditions are the most common cause of long term pain and physical disability worldwide. Musculoskeletal conditions include back pain, arthritis, osteoporosis, spinal deformities and traumatic injuries,

**Keep Your Bones Strong!**  
Healthy bones need calcium and vitamin D, Calcium is what makes your bones strong, vitamin D helps the body absorb calcium better. Speak to your pharmacist today to help you choose a supplement that is right for you!

**Don't Smoke!**  
Smoking increases the rate of bone loss.  
**Stay Active!**  
Being inactive makes your bones lose their strength. This increases your risk of osteoporosis, falls and fractures.

Oct. 12th–  
National Arthritis Day

Oct. 16th–  
World Spine day

Oct 19th–  
World Pediatric Bone and Joint Day

Oct. 20 th-  
World Osteoporosis Day

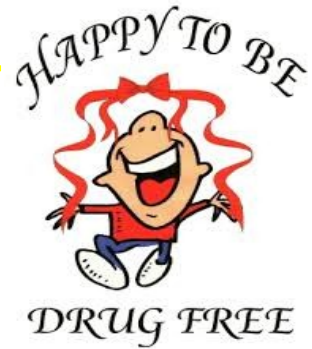
Oct. 23rd –31st:  
Red Ribbon

## Red Ribbon Week

The National Red Ribbon Campaign is committed to raise awareness of the killing and destruction caused by drugs in America.



It is important to educate our youth about the dangers and risks associated with drug abuse and encourage participation in drug prevention programs



**Did You Know?**

Children of parents who talk to their teenagers about drugs are less likely to use drugs than those who don't.

## Health Lung Month

Tobacco continues to be the leading cause of PREVENTABLE disease and death in the United States. Smoking can cause or worsen heart disease, lung disease, high blood pres-

sure, osteoporosis, and risk of stroke.

There are many over the counter products available to help you quit smoking called Nicotine Replacement Therapies (NRT).

NRTs include patches, lozenges, gum and inhalers. Speak to your pharmacist to help you select the one that is best for you!

