

Health & Wellness Newsletter October 2020

MedPro Group

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Our Mission is...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers



Breast Cancer Awareness Month

- ✚ A worldwide campaign to highlight the importance of breast cancer awareness, education, and research.
- ✚ The aim is to get as many people as possible involved in raising awareness and funds to help support life-saving research & life-changing support.

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

Breast cancer can be diagnosed through multiple tests, including a mammogram, ultrasound, MRI and biopsy.

Once a person is determined to have a malignant tumor or the diagnosis of breast cancer, the healthcare team will determine breast cancer staging to communicate how far the disease has progressed.

Types of breast cancer include ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer.

Here are just a few ways you can help women in need this month:

-  **Screening, Access & Treatment**
Make a one-time or monthly donation to help a woman in need.
-  **Education**
Download our free *Breast Problems That Aren't Breast Cancer* eBook. <https://www.nationalbreastcancer.org/resources/breast-problems-ebook/>
-  **Support**
Volunteer to join virtually in Helping Women Now.
Spread the word about Breast Cancer Awareness Month on Facebook, Instagram, Twitter, or LinkedIn.
-  **Hope**
Share the story of how you or a loved one have been affected by breast cancer. <https://www.nationalbreastcancer.org/snapshots-of-hope/>
Proudly wear a pink ribbon during October or year-round.

This year, an estimated 42,170 women will die from breast cancer in the U.S.



There are over 3.5 million breast cancer survivors in the United States.



"COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE LITTLE VOICE AT THE END OF THE DAY THAT SAYS I'LL TRY AGAIN TOMORROW."

-MARY ANN RADMACHER

Sources: <https://www.ohio.edu/recreation/october-well-being-newsletter-breast-cancer-awareness-month-0>
<https://www.nationalbreastcancer.org/breast-cancer-awareness-month>