

Breast Cancer Awareness Month

Nearly 240,000 women are diagnosed with breast cancer every year, but early detection and advanced treatments are helping save more lives than ever before. In fact, when detected in the earliest stages, the cure rate for breast cancer is a staggering 98%. That's why getting mammograms is so important—they help detect cancer at an early stage when it is most treatable.

The U.S. Preventive Services Task Force, a highly respected team of medical experts, recommends that most women be screened with mammography every two years starting at age 40. This recommendation recently changed to start at 40 rather than 50, due to new research that supports the benefit of starting earlier.



Participate in the following activities to learn more:

Activity 1: Move with a Doc: Breast Cancer Awareness

Activity 2: Wear Pink on Friday, Oct., 20, 2023

Activity 3: Scavenger Hunt

Activity 4: Crossword

An estimated 43,700 deaths from breast cancer will occur in the U.S. in 2023

The mortality rate of breast cancer is higher in Black women than in white women, in the U.S.

For questions or more information, email wellness@medica.com

Health Disparities

“Health disparities” are preventable differences in health among different social or racial groups. Health Disparities are a complex and challenging problem across the world. Social factors play the largest role in shaping the overall health of communities. For example, the ability to access healthcare, a safe living environment, racial equity, nutritious food, quality education, and supportive relationships free of discrimination are all incredibly important to your overall health.

Those who face health disparities often have a higher risk for breast cancer. In the U.S., certain racial and ethnic groups experience a higher risk of breast cancer and an increased likelihood of being diagnosed with cancer when it has already spread.

Did You Know?

- Non-Hispanic Black women have the highest breast cancer death rate. ([source](#))
- Black women have a 41% higher death rate from breast cancer than White women. ([source](#))
- About 82% of Black women live at least five years after their initial breast cancer diagnosis, compared to 92% of white women. ([source](#))

For more information, please visit:

- [National Cancer Institute](#)
- [Susan G. Komen](#)
- [Breast Self-Exam \(Cleveland Clinic\)](#)
- [What is a Mammogram \(CDC\)](#)
- [Cancer Survivor Toolbox \(NCCS\)](#)

Activity 1: Move with a Doc

Join Dr. Shah as she talks about breast cancer—types of breast cancer, signs and symptoms, screenings and when to start, and ways to talk with your doctor.

[Watch Here](#)











Activity 2: Wear Pink

Proudly wear pink on Friday, October 20, 2023, to show your support for and raise awareness for breast cancer.



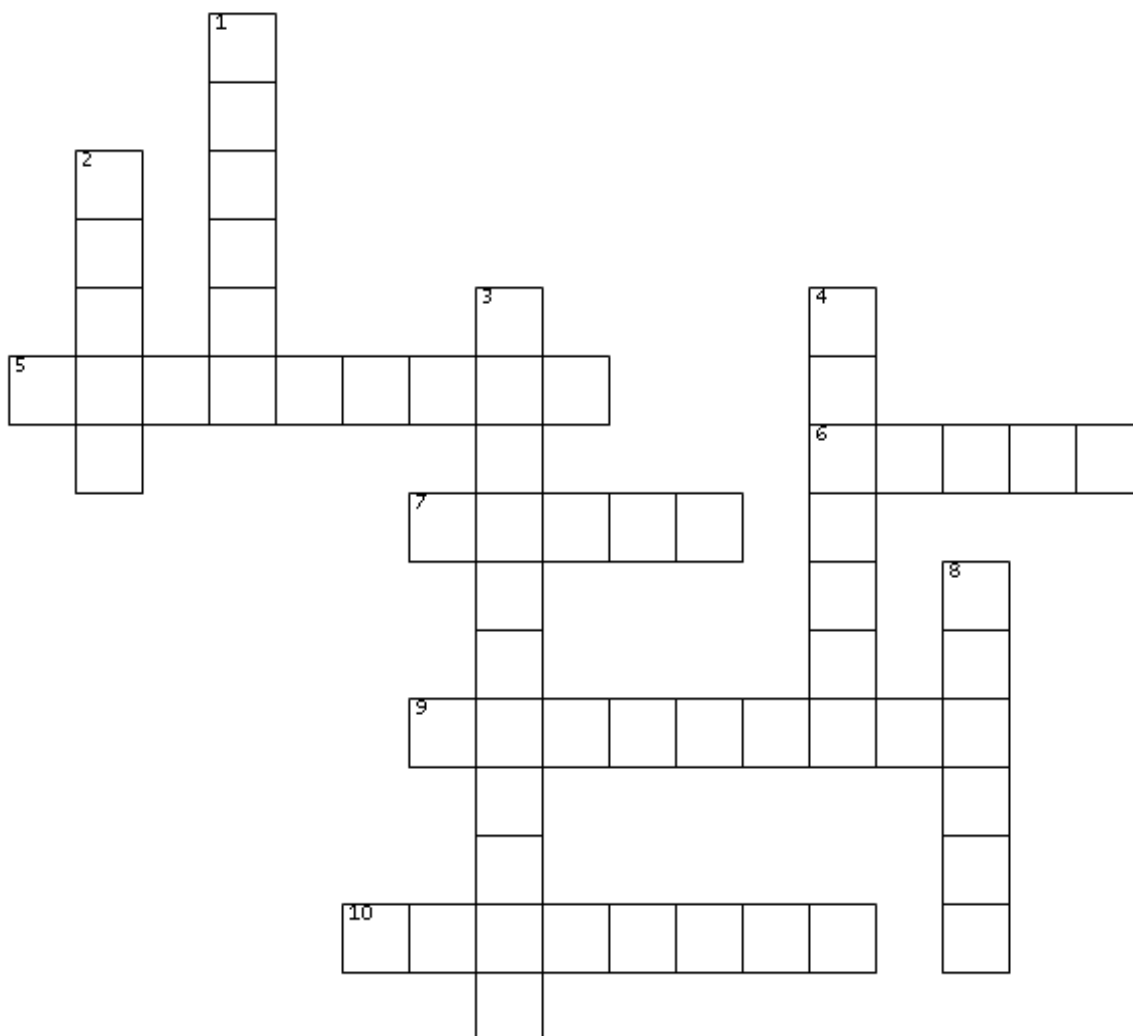
Activity 3: Scavenger Hunt

For each fact about breast cancer, try to find the corresponding scavenger hunt item(s) while out walking during October.

Breast Cancer Fact	Item(s) to Find	Found ✓
1 in 8 U.S. women will develop breast cancer during their lifetime.	8 women doing yardwork outside. Say hello to 1 of them.	<input type="checkbox"/> 
About 85% of breast cancers occur in women who have no family history.	An address with the numbers 8 & 5.	<input type="checkbox"/> 
One symptom to look for is skin changes, such as swelling, redness , or other visible changes in one or both breasts.	Something red (e.g., car, front door, robin)	<input type="checkbox"/> 
It's recommended that most women be screened for breast cancer every two years starting at age 50. Based on an individualized discussion with your health care provider, some women may elect to start screening in their 40s.	50 screen doors	<input type="checkbox"/> 
There are over 3.8 million breast cancer survivors in the U.S.	A 40-mph speed limit sign	<input type="checkbox"/> 
Symptoms may include lumps or nodules in any part of the breast.	A tree with cut branches	<input type="checkbox"/> 
On average, every two minutes, one case of breast cancer is diagnosed in the U.S.	2 bird feeders	<input type="checkbox"/> 
This year, nearly 44,000 women and men will die from breast cancer in the U.S.	44 leaves—taking note of the different colors, sizes, and shapes.	<input type="checkbox"/> 
Another symptom to look for is an increase in size or change in the shape of the breast(s).	Something round (e.g., stone, frisbee, ball)	<input type="checkbox"/> 
October is breast cancer awareness month.	10 pumpkins	<input type="checkbox"/> 

Activity 4: Crossword

Test your knowledge and complete the breast cancer crossword puzzle. Answers may or may not have been addressed in this packet, so just guess, and learn something new.



ACROSS

5. Early _____ leads to better outcomes and saves lives.
6. Mass of abnormal tissue (can be benign or malignant).
7. One in _____ women will develop breast cancer during their lifetime.
9. X-ray screening for breast cancer.
10. About 80% of all breast cancers are _____ ductal carcinomas, the most common type of breast cancer.

DOWN

1. A symptom may include rashes similar to the skin of an _____.
2. Many women diagnosed with breast cancer _____ have any signs or symptoms.
3. Breast cancer that has not spread beyond the breast tissue is called _____ (or in situ).
4. Breast cancer awareness month.
8. About 85% of breast cancers occur in women who have no _____ history.

Crossword Answers:
 Down: 1. Orange, 2. Never, 3. Noninvasive, 4. October, 8. Family
 Across: 5. Detection, 6. Tumor, 7. Eight, 9. Mammogram, 10. Invasive