



# October 2025

## Breast Cancer Awareness Month

*October is Breast Cancer Awareness Month, a time to come together to raise awareness, encourage early detection, and support those affected by breast cancer. We want to make sure you have the information and resources you need to take care of yourself and your loved ones.*

### Early Detection Saves Lives

Early detection of breast cancer early gives you more options and a better chance to treat it successfully.

- **Talk to your doctor about how often you should have a clinical breast exam.**
- **Know your family history it can help determine your risk level.**
- **If something doesn't feel right, don't wait, schedule a check-up.**

### Mammogram Guidelines

Mammograms are one of the most effective tools for detecting breast cancer early.

- **If you're 40 or older, it's a good idea to talk with your doctor about scheduling annual mammograms.**
- **If you have a family history or other risk factors, your provider may recommend starting earlier or using additional screening methods..**

### Breast Health Tips

#### Topics to discuss with your doctor

- Family history of breast or other cancers.
- Any test results for abnormal genes linked to a high risk of breast cancer.
- Results of past breast biopsies, even if benign.
- Weight, if you're overweight or obese.
- Any use of postmenopausal combined hormone replacement therapy.
- Alcohol consumption if you regularly drink more than 3 alcoholic beverages per week.
- The amount of processed food or trans fats you eat.
- Your smoking history.
- Whether or not you had a full-term pregnancy or breastfed.

#### Ways to lower risk

- Get to and stay at a healthy weight.
- Be more physically active.
- Avoid or limit alcohol.
- Breastfeed after pregnancy.

### Vaccine & Flu Season!

It's that time of the year where the risk of coming down with illnesses increases. To protect yourself, make sure you schedule your annual influenza vaccine!

For resources and information regarding breast cancer, visit the CDC website [HERE](#) to learn more