

2018 October

Women's Health Month

The sooner breast cancer is diagnosed, the better the odds are for successfully treating it.

Signs and Symptoms of Breast Cancer

- A lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle
- A mass or lump, which may feel as small as a pea
- A change in the size, shape, or contour of the breast
 - A blood-stained or clear fluid discharge from the nipple
 - A change in the feel or appearance of the skin on the breast or nipple
 - Redness of the skin on the breast or nipple
 - An area that is distinctly different from any other area on either breast
 - A marble-like hardened area under the skin

Men can get breast cancer, too. They account for one percent of all breast cancer cases. Symptoms of breast cancer in men are similar to those in women. Most male breast cancers are diagnosed when a man discovers a lump on his chest.

Any time you find a new or unusual lump in your breast, have your doctor check it to make sure it is not cancer. You should discuss breast self-exams with your doctor, and your doctor should go over how to perform them with you.

The only way to confirm cancer is for a doctor to do a needle aspiration or surgical biopsy to collect and test tissue for cancer cells.



2018 October

Breast Cancer Awareness

SUN

Start this month focusing on your health goals. Write your three new health goals at the bottom of this page.

MON

1



TUE

2

WED

3

Tweak your favorite Fall recipes so that they don't get in the way of your health goals.

THU

4



FRI

5

SAT

6

Enhance your sleep quality this weekend. Begin winding down an hour or two before going to bed.

7

8

A little support can go a long way in improving health. Find a workout buddy to help you with your goals.

9



10

11

Fall is pumpkin season! Pumpkins are a great vegetable to help balance your meals.

Learn more [here](#).

12



13

14



15

16

Enjoy an active 'staycation' with your family this weekend. Find a new bike route or walking trail.

Learn more [here](#).

17



18

19

Start thinking about your wellness goals for the holiday season. Write them down to help them stick.

20



21

22



23

24

Regular physical activity can help lower your risk for breast cancer.

Learn more [here](#).

25

26



27

Did you meet your health goals this month? Check them below.

28



29

Start looking into heart-healthy versions of your holiday favorites.

[Start with this healthy recipe.](#)

30

31

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.