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## **October Is Breast Cancer Awareness Month**

*Regular screenings and annual check-ups are essential for early detection.*

Provided by Judith Griffin, MIB, AAMS, CRPC

October brings to mind the beauty of the leaves changing colors and a time to enjoy the colder weather. But October also holds another meaning for millions of people: it's Breast Cancer Awareness Month.

Based on the numbers, there's a good chance that you or someone you know has been affected by breast cancer. Approximately 255,000 women in the United States receive such a diagnosis every year. While women make the majority of breast cancer cases, men can also be affected by breast cancer, with approximately 1 in every 100 cases found in men.<sup>1</sup>

Regular screenings and annual check-ups are essential for early detection. There are also a few lifestyle changes that may decrease your chances of getting breast cancer. These include:

- Exercising regularly
- Maintaining a healthy weight
- Limiting the amount of alcohol you drink<sup>2</sup>

Breast cancer affects every facet of someone's life, from their health to their finances. If breast cancer is affecting your life, let's talk about what we can do to help.

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