

OCTOBER 2019

National Breast Cancer Awareness Month

Breast cancer is the second-leading cause of cancer death for women, but it can affect anyone. It starts when cells in the breast grow out of control and often spreads to the body's lymph system under the arm, around the collarbone and inside the chest area.

The most common symptom of breast cancer is a hard, painful lump or mass beneath the skin around the breast, where the tissue is usually soft. Other symptoms of breast cancer include:

- Swelling of parts of the breast
- Breast or nipple pain
- Redness, scaliness or thickening of breast or nipple skin
- Unusual nipple discharge (not breastmilk)

Though there is no way to fully prevent breast cancer, there are ways to lower your risk. Maintaining a healthy weight, exercising frequently, limiting alcohol intake and even breastfeeding after giving birth can help reduce your risk. For more information on breast cancer risks, treatments and facts, please visit www.cancer.org/cancer/breast-cancer.html.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Domestic Violence Awareness Month Eye Injury Prevention Month Health Literacy Month Home Eye Safety Month International Walk to School Month National Breast Cancer Awareness Month			National Bullying Prevention Month National Dental Hygiene Month National Down Syndrome Awareness Month National Medical Librarians Month National Physical Therapy Month Sudden Cardiac Arrest Awareness Month Sudden Infant Death Syndrome (SIDS) Awareness Month		
		1	2	3	4	5
6 TAKE ACTION Week 1	7	8	9	10	11	12
13 TAKE ACTION Week 2	14 Columbus Day	15	16	17	18	19
20 TAKE ACTION Week 3	21	22	23	24	25	26
27 TAKE ACTION Week 4	28	29	30	31 Halloween		

Connor & Gallagher OneSource

750 Warrenville Road, Suite #400 Lisle, IL 60532

Tel: 630-810-9100 <https://www.gocgo.com>