

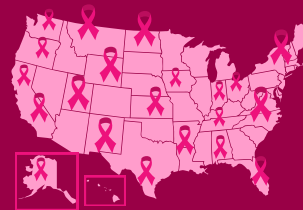


BREAST CANCER AWARENESS MONTH

BREAST CANCER

awareness month

BREAST CANCER IN THE U.S. WILL AFFECT



1 IN 8
WOMEN



OVER THE COURSE OF HER LIFETIME

UNDERSTANDING THE RISK

According to the CDC and the [U.S. Air Force's Breast Cancer Awareness feature](#), risk factors can vary from person to person.

- Family history and genetics** play a major role, but lifestyle habits such as physical activity, diet, and alcohol use also influence risk.
- Early detection is key.** Regular screenings and mammograms can detect cancer in its earliest, most treatable stages.
- Men can also develop breast cancer**, though it's rare. Awareness among all populations matters.

PROACTIVE WELLNESS MEASURES

While no single action can fully prevent breast cancer, maintaining overall wellness supports both breast health and general well-being. Consider the following measures as part of a balanced lifestyle:

- Schedule regular screenings** and speak with your healthcare provider about when to begin mammograms.



- Engage in regular physical activity** — even moderate exercise can improve circulation and boost immune health.



- Maintain a balanced diet** rich in fruits, vegetables, lean proteins, and whole grains.



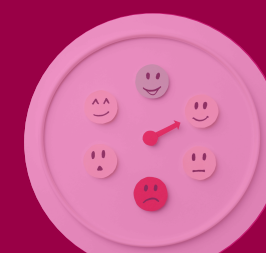
- Limit alcohol consumption** and avoid tobacco products.



- Be familiar with your body** — report any changes in breast appearance, texture, or sensation to your healthcare provider promptly.



- Prioritize stress management and rest.** Emotional well-being plays a powerful role in physical health.

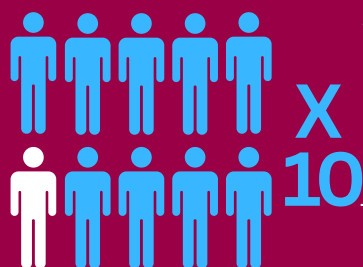


WELLNESS CHECK: KNOW YOUR RISK

Take a moment for yourself — understanding your health is an act of care.

NIH NATIONAL CANCER INSTITUTE

[Breast Cancer Risk Assessment Tool](#)



APPROXIMATELY **1**
OUT OF EVERY
100 BREAST
CANCER
DIAGNOSES IN
THE U.S. IS FOUND
IN A MALE.

SIGNS AND SYMPTOMS

Awareness also means knowing what to look for. While many breast changes are not cancerous, it's important to be mindful of what feels or looks different and speak with your healthcare provider about any concerns. Some common signs and symptoms may include:

- Changes in the skin, such as dimpling, redness, or flakiness.
- Nipple changes, including pain, pulling inward, or discharge other than breast milk.
- A new lump or mass in the breast or underarm area.
- Swelling or thickening of part of the breast.

[CLICK HERE FOR
FULL SYMPTOM LIST](#)

HEALTHY MOURNING AND SUPPORT

For many, this month brings both pride and tender remembrance. If you've lost a loved one to breast cancer, know that healing is not a straight path — it's deeply personal and unfolds in its own time. Give yourself grace to feel, to remember, and to honor their life in ways that bring you comfort. Whether that means journaling, lighting a candle in their memory, wearing pink in their honor, or connecting with others who understand, know that you are not alone. Support groups, counseling, and community gatherings can be safe spaces to share, heal, and celebrate the lives and legacies of those we hold dear. Please find to the right:

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