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Join the Fight

October is Breast Cancer Awareness Month

MedNet Breast Cancer Awareness Newsletter

October Edition

As we step into October, MedNet is proud to support Breast Cancer Awareness Month. This is the perfect time to raise awareness, promote early detection, and encourage proactive steps in the fight against breast cancer. Together, we can make a real difference in supporting women's health and saving lives.

The Importance of Breast Cancer Awareness

Breast cancer is the most common cancer among women worldwide. According to the World Health Organization (WHO), approximately 2.3 million women were diagnosed with breast cancer in 2020, and it accounted for nearly 685,000 deaths globally.

However, with early detection, the chances of successful treatment increase significantly. Regular screenings, awareness of risk factors, and maintaining a healthy lifestyle are essential for preventing and detecting breast cancer early.

Most Important Things You Need to Know About Breast Cancer



1. **Regular Screenings:** Early detection through mammograms and clinical breast exams can significantly improve treatment outcomes. Studies show that women aged 50 to 69 who undergo regular mammograms have a 25% lower chance of dying from breast cancer. Women over 40 should schedule regular mammograms, and those with higher risk factors should consult their doctor for personalized advice.



2. **Know the Symptoms:** Look for lumps, breast size or shape changes, and any unusual discharge. Regular self-exams help in identifying abnormalities early, with research indicating that 40% of breast cancer cases are first detected through self-examination.



3. **Healthy Lifestyle:** Maintain a healthy diet, exercise regularly, and limit alcohol intake to lower your risk of breast cancer. Quitting smoking also reduces the risk of various cancers, including breast cancer.



4. **Family History Matters:** Understanding your family's medical history is key. If breast cancer runs in your family, you may be at higher risk. Women with a family history of breast cancer are 2-3 times more likely to develop the disease. Consult with a healthcare provider for genetic testing or additional screening options.



5. **Hormone Replacement Therapy (HRT):** Long-term use of HRT may increase the risk of breast cancer. Discuss the risks and benefits with your doctor if you are considering or currently using HRT.

How to Protect Your Breast Health

- **Self-Examinations:** Perform regular self-exams to become familiar with how your breasts normally feel, so you can notice any changes early. According to Breastcancer.org, about **1 in 8 women** in the U.S. will develop invasive breast cancer during their lifetime, making early detection crucial.
- **Maintain a Healthy Weight:** Obesity is linked to an increased risk of breast cancer, particularly after menopause. A balanced diet and regular physical activity are crucial in managing your weight.
- **Stay Active:** Engage in at least 30 minutes of moderate exercise most days of the week. Physical activity lowers the risk of breast cancer, with studies showing that women who exercise regularly have a **10-20% lower risk**.
- **Limit Alcohol:** Alcohol increases the risk of breast cancer. Research shows that women who consume **3 alcoholic drinks** per week have a **15% higher risk**. Limiting your intake can reduce your risk.
- **Quit Smoking:** Smoking is associated with a higher risk of breast cancer, especially in younger women. Quitting smoking is an essential step in lowering your risk.

Breast Cancer-Friendly Foods to Include in Your Diet

Boost your overall health and reduce your cancer risk with these nutritious foods



Leafy Greens: Spinach, kale, and Swiss chard contain antioxidants and vitamins that support overall health and may help reduce the risk of cancer.



Berries: Blueberries, strawberries, and raspberries are rich in antioxidants, which can help protect against cell damage.



Fatty Fish: Salmon, mackerel, and sardines provide Omega-3 fatty acids, which are associated with a 25% lower risk of breast cancer.



Nuts: Almonds and walnuts are great sources of healthy fats and may help reduce inflammation.



Whole Grains: Foods like oats, barley, and quinoa are packed with fiber, which is important for maintaining a healthy weight and may help protect against breast cancer.

**Take proactive steps in protecting
your breast health this October.**

Schedule your free screening,
explore our exclusive offers, and
encourage your friends and family to
join the fight against breast cancer.
Visit our website or contact our
customer service team for more
information.

**Let's make Breast Cancer
Awareness Month a time of
action, support, and hope.**

**Together, we can help save
lives and create a healthier
future for all.**



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