

# Wellness Wednesday

**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human  
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October is Breast Cancer Awareness Month. It is an annual campaign to increase the awareness of the disease. For the entire month, [Level Up](#) will be providing you with valuable information focused on education and support.

According to [The Centers for Disease Control and Prevention](#) (CDC), breast cancer is the most common cancer in women in the United States. Deaths from breast cancer have declined over time but remain the second leading cause of cancer death among women overall and the leading cause of cancer death among Hispanic women.

The CDC further notes that each year in the United States, about 250,000 cases of breast cancer are diagnosed in women and about 2,300 in men. About 42,000 women and 510 men in the U.S. die each year from breast cancer. Over the last decade, the rate of getting breast cancer has not changed for women overall, but the rate has increased for black women and Asian and Pacific Islander women. Black women have a higher rate of death from breast cancer than white women. For additional statistics, click [here](#).

Breast Cancer Awareness Month is recognized globally. But did you know the first Breast Cancer Awareness Month was held in October 1986? And [The Susan G. Komen Organization](#) established the pink ribbon as the national symbol in 1991? There is a lot of misinformation about breast cancer. Click [here](#) and get the facts. Be informed and learn more about this disease [here](#). And explore additional resources and information provided below.

## Resources & Information

[American Cancer Society](#)

[Breast Cancer Research Foundation](#)

[The Centers for Disease Control and Prevention](#)

[National Breast Cancer Foundation, Inc.](#)

[Susan G. Komen](#)

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