

Wellness Reminder ~ The Flu & COVID-19

Learn how you can get a flu vaccine and why it's important by [clicking here](#).



Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



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.

[The American Cancer Society](#) highlights that knowing how your breasts normally look and feel is an important part of breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

What are the symptoms of breast cancer?

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or round. They can even be painful. For this reason, it's important to have any new breast mass, lump, or breast change checked by an experienced health care professional immediately.

According to [The Centers for Disease Control and Prevention](#) (CDC), some additional warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Stay in the Know and Get Screened

All women are at risk for breast cancer. Screening helps find breast cancer early, when it is most treatable and curable. There are three important steps you can take, regardless of family history:

- Monthly breast self-exam.
- Breast exam by your health provider.
- Regular mammograms, usually starting at age 40. However, if you are considered high-risk, your doctor may suggest that you begin mammograms earlier. A mammogram is the best way to detect breast cancer in its earliest stages – before there are warning signs. Click [here](#) on what to expect during your first mammogram.

Make Time for your Health

Schedule your mammogram today. Call your doctor or OB/GYN.

Cigna members ([PDF](#))

Kaiser Permanente members ([PDF](#))

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