

Coffee & Chat



Level Up

Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the November **Coffee & Chat** webinar and join us on **Wednesday, Nov. 3 at 9 a.m.**

- Grab your warm cup and tune in for this month's segment!
- We'll highlight November's fall activities and giveaways.
- Plus, we'll give away some random wellness prizes!

Wellness Wednesday

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October is Breast Cancer Awareness Month

Level Up will be providing you with a variety of resources and information throughout this Breast Cancer Awareness month.

Myths & Facts

There's lots of information out there about breast cancer. But how do you know what's true and what's not? Let's set the record straight on several myths.

Myth: Antiperspirants cause breast cancer.

Fact: There's no reason to believe that using antiperspirants or deodorants causes breast cancer. Claims have been made that harmful ingredients in these products cause toxins to build up in the breast. However, studies have found no connection between underarm antiperspirants and breast cancer risk.

Myth: You won't get breast cancer unless it runs in your family.

Fact: Family history certainly plays a role in breast cancer risk, but it's not the only factor. About 8 in 10 women who develop breast cancer have no family history of the disease. That's why it's important to follow your doctor's recommendations for screening even if you don't have a history of breast cancer in your family.

Myth: Men don't get breast cancer.

Fact: Breast cancer is about 100 times more common in women than in men. But men can develop breast cancer, too. Each year, approximately 2,550 men are diagnosed with breast cancer. Men should watch for any changes around the nipple or breast skin and talk with a doctor about it.

Myth: Monthly self-exams are the best way to find breast cancer.

Fact: Mammograms are the most reliable way to find breast cancer early. While monthly self-exams are not necessary, they may be helpful for some women. It's important to be familiar with how your breasts look and feel normally, so you can report any changes to your doctor.

Ask your doctor about your own risk for breast cancer and screening for early detection.

Mammograms

Having a mammogram is an important step you can take to detect breast cancer, and it could save your life.

A mammogram is a simple screening and is one of the best ways to detect breast cancer. When caught early, it is easier to treat successfully. Women should talk with their doctor about getting mammograms starting at age 40.

Some women with certain risk factors might begin screenings at an earlier age. Talk with your doctor about when you should begin having mammograms and how often you should have the screening done. Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs or symptoms 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 of 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

Keep in mind that some of these warning signs can happen with other conditions that are not cancer. If you have any signs that worry you, be sure to see your doctor right away.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [American Cancer Society](#)
- [Centers for Disease Control & Prevention](#)

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