

Bulldog Health News

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For more than four decades now, the country has recognized October as *National Breast Cancer Awareness Month*. No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you as you can take action if there are any changes in your breasts or underarm areas.

Know Your Risk: Knowing your family history is lifesaving. Talk to your doctor.

Get Screened: Schedule a mammogram every year starting at age 40. If you have any signs of breast cancer, finding it early and treating it early may save your life.

Know Your Normal: It's important to know what's normal for you so that you can talk with your health care provider if something doesn't look or feel right.

During the Covid-19 pandemic, many people delayed their regular breast cancer screening. Statistics show 1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S. In 2022, it is estimated that nearly 44,000 people will die from breast cancer.

Make Healthy Lifestyle Choices:

Living a healthy lifestyle is within your control and may lower your risk. Maintain a healthy weight, limit alcohol, and exercise regularly.

Take Action: Make the appointment!

Call today and speak to a health care provider to get screened. Make your health a priority!



Healthy Halloween Snack - Candy Corn Fruit Cocktail

Ingredients:

2 cups pineapple cut into bite sized chunks
2 cups oranges cut into bite sized chunks
1 cup whipped cream
¼ cup candy corn

Directions:

In clear glass or plastic cups, layer pineapple, then oranges and top with whipped cream and a couple pieces of candy corn. Serve right away or refrigerate until ready to serve.

