


# Breast Cancer Awareness Month

Nearly 280,000 women are diagnosed with breast cancer every year, but early detection and advanced treatments are helping save more lives than ever before. In fact, when detected in the earliest stages, the cure rate for breast cancer is a staggering 97%. That's why getting mammograms are so important.

The U.S. Preventive Services Task Force currently recommends that most women be screened with mammography every two years starting at age 50, but the decision to start screening earlier (ages 40-49) is an individual one based on your risks and preferences. Talk with your provider about your risk for breast cancer and the best screening plan for you.

Participate in the following activities to learn more:




<b>#1 Watch <u><a href="#">Move with a Doc: Breast Cancer Awareness</a></u></b>
<b>#2 Wear Pink on Fri. Oct. 21 for National Mammogram Day</b>
<b>#3 <u><a href="#">Scavenger Hunt</a></u></b>
<b>#4 <u><a href="#">Crossword</a></u></b>

**An estimated 43,780 deaths from breast cancer will occur in the U.S. in 2022**

**The mortality rate of breast cancer is higher in black women than in white women, in the U.S.**


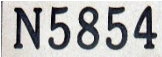








Questions? Email [dhp.health@deancare.com](mailto:dhp.health@deancare.com).



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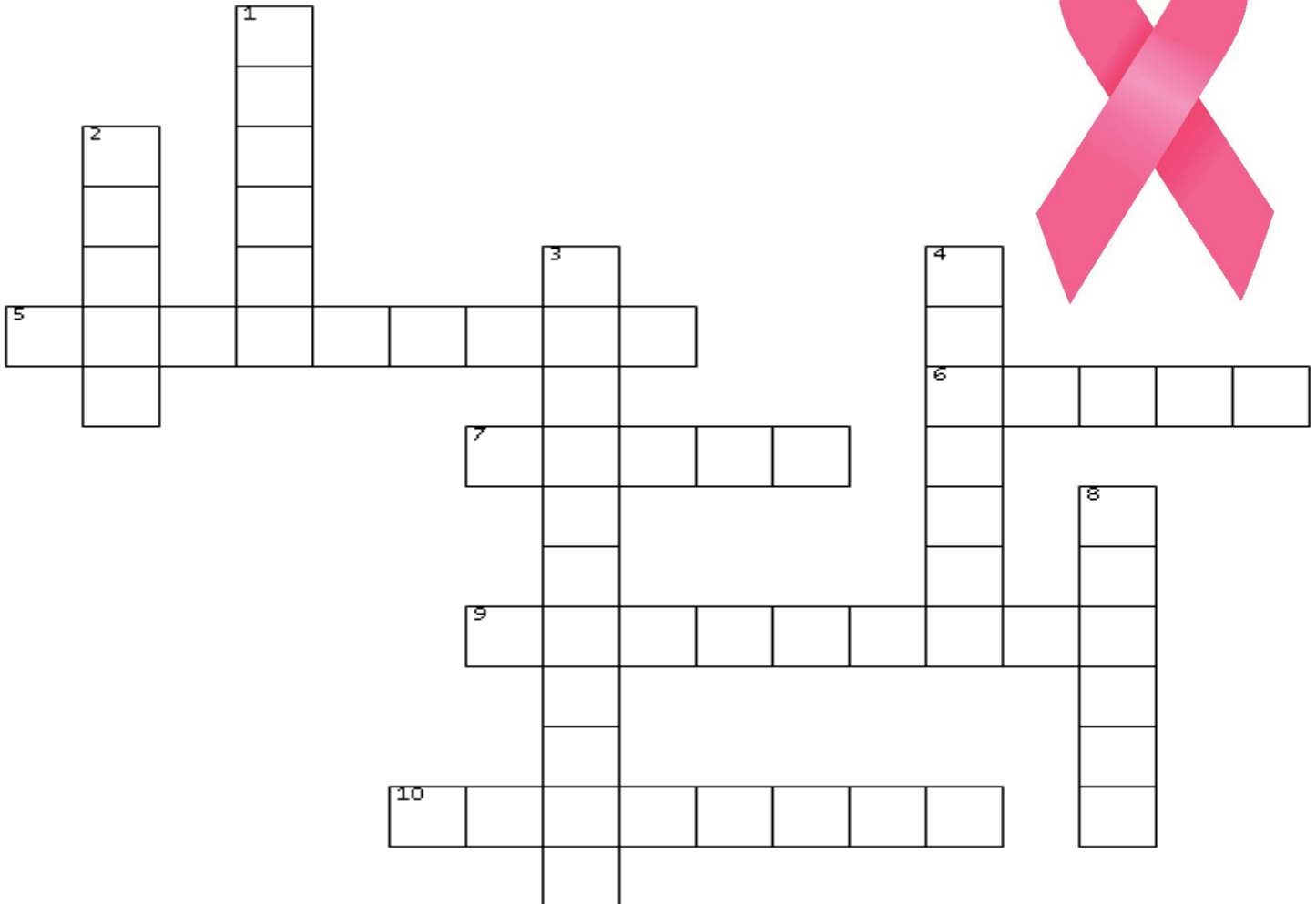
# Activity 3: Scavenger Hunt

For each fact about breast cancer, try to find the corresponding scavenger hunt item(s) while out walking during the month of October.

Breast Cancer Fact	Item(s) to Find	Found ✓	
1 in 8 U.S. women will develop breast cancer over the course of their lifetime.	8 women doing yardwork outside. Say hello to 1 of them.	<input type="checkbox"/>	
About 85% of breast cancers occur in women who have no family history.	An address with the numbers 8 & 5.	<input type="checkbox"/>	
One symptom to look for is skin changes, such as swelling, <b>redness</b> , or other visible changes in one or both breasts.	Something red (e.g., car, front door, robin)	<input type="checkbox"/>	
It is recommended that most women be <b>screened</b> for breast cancer every two years starting at age 50. Based on an individualized discussion with your medical provider, some women may elect to start screening in their 40s.	50 screen doors	<input type="checkbox"/>	
There are over 3.8 million breast cancer survivors in the United States.	A 40 mph speed limit sign	<input type="checkbox"/>	
Symptoms may include lumps or nodules in any part of the breast.	A tree with cut branches	<input type="checkbox"/>	
On average, every 2 minutes one case of breast cancer is diagnosed in U.S.	2 bird feeders	<input type="checkbox"/>	
This year, nearly 44,000 women & men will die from breast cancer in the U.S.	44 leaves—taking note of the different colors, sizes, and shapes.	<input type="checkbox"/>	
Another symptom to look for is an increase in size or change in shape of the breast(s).	Something round (e.g., stone, frisbee, ball)	<input type="checkbox"/>	
October is breast cancer awareness month.	10 pumpkins	<input type="checkbox"/>	

# Activity 4: Crossword

Test your knowledge and complete the breast cancer crossword puzzle. Answers may or may not have been addressed in this packet, so just guess and learn something new.



## ACROSS

5. Early \_\_\_\_\_ leads to better outcomes and saves lives.
6. Mass of abnormal tissue (can be benign or malignant).
7. One in \_\_\_\_\_ women will develop breast cancer in the course of their lifetime.
9. X-ray screening for breast cancer.
10. About 80% of all breast cancers are \_\_\_\_\_ ductal carcinomas, the most common type of breast cancer.

## DOWN

1. A symptom may include rashes similar to the skin of an \_\_\_\_\_.
2. Many woman diagnosed with breast cancer \_\_\_\_\_ have any signs or symptoms.
3. Breast cancer that has not spread beyond the breast tissue is called \_\_\_\_\_ (or in situ).
4. Breast cancer awareness month.
8. About 85% of breast cancers occur in women who have no \_\_\_\_\_ history.

**Crossword Answers:**  
**Across:** 5. Detection, 6. Tumor, 7. Eight, 9. Mammogram, 10. Invasive  
**Down:** 1. Orange, 2. Never, 3. Noninvasive, 4. October, 8. Family