



# Health e-Newsletter

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**Dear Clients,**

We do hope that you enjoy the October newsletter. Please contact us if you have any questions. Let us know if you have any suggestions on articles for future newsletters.

**Keep your company informed with important health information** newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

## National Breast Cancer Awareness Month

### At the Workplace

*Women make up more than 50 percent of the American workforce. Approximately 44 percent of those diagnosed with cancer will be employed at the time of their diagnosis. Chances are some of those women are employees at your workplace.*

*The NBCAM Board of Sponsors urges all employers to examine the health care benefits they provide their employees and to take the steps needed to provide significant benefits for mammography screenings*

### Make Breast Health a Year-Round Concern

Just as relevant today as it was more than 20 years ago when the organization was founded, National Breast Cancer Awareness Month (NBCAM) wants women of all ages to know that breast health is a year-round concern. Early detection as well as educating yourself about breast cancer can be two of the best possible "medicines" toward fighting the disease. And if you or someone you know has survived breast cancer, it is just as important to know your risk of recurrence, or the return of the disease. Breast cancer is the second most common cancer among women, and breast cancer recurrence is possible even in women who have had a mastectomy (or breast removal).

### Promote Breast Health Using Key Dates

Since the American Cancer Society recommends that women begin to conduct monthly self breast examinations at age 20, mark a date on

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calendar each month for a self-exam. Women in their 20's and 30's also have a clinical breast exam as part of their regular exam from a health expert. At age 40, women should begin annual mammograph as recommended by your physician, and yearly clinical breast exam health expert. These may be scheduled around a special date such your birthday or an anniversary. Women under 40 with a family histc breast cancer should consult their health care provider, who may str the importance of appropriate screening and early detection and wh begin mammography.

#### **Make Things Easy With a Routine Shower Check**

As a regular activity, when you're in the shower, check your breasts any changes. Some of the most common signs of breast cancer cou the appearance of a lump or a change in breast size or shape. Look changes in the color of your breast as well as skin changes (scaly or areas, dimpling, and puckering) or a new pain in one spot. Any char from what is normal should be reported to your doctor. Keep in mind while some people experience clear physical symptoms or warning : of breast cancer, others with breast cancer do not. That is why scree is so important. For more information on self-breast examination and downloadable breast self examination shower cards, visit the Susan Komen for the Cure web site at [www.komen.org](http://www.komen.org) or call 1-800-462-9

#### **Guard Against Recurrence**

Even women who have already battled breast cancer are at risk for recurrence. A recent survey by a world-renowned polling institute revealed that 30 percent of women diagnosed with breast cancer do believe there is anything they can do to lessen the likelihood of a bre cancer recurrence. But the truth is there are things you can do to rec your risk of recurrence. Talk with your doctor to understand what treatment regimen is best for you. According to the American Cance Society, about 77 percent of breast cancer diagnoses occur in wom age 50 and older. Women with early breast cancer are at their great risk of disease recurrence during the first five years after diagnosis. Therefore, the treatment received during these first five years is mos important in preventing a recurrence. As scientists continue to searc a cure, their advancements in creating treatments such as aromatas inhibitors have been shown to lower the risk of having the cancer co back and lower the risk of new breast cancers for many women. Exa treatment for breast cancer varies from woman to woman, so discus your doctor which options would be effective in treating your cancer.

#### **Become More Savvy About Breast Cancer**

Finally, become better educated about breast cancer. Although Oct Breast Cancer Awareness Month, NBCAM wants to remind everyon breast cancer awareness is important all year long. For more in-dep information on breast cancer, visit the newly redesigned National Br Cancer Awareness Month web site at [www.NBCAM.org](http://www.NBCAM.org).

#### **Wellness Programs on increase, DMAA finds**

Some 84% of health plans and employers offer wellness programs t workers and members, and patient engagement is seen as the prim component to success, according to a survey of 114 companies by DMAA: The Care Continuum Alliance, a disease-management advo group. The survey indicated that some 91% of employers and healt plans will have a wellness program component within the next year, showing the great interest in such consumer engagement programs control healthcare costs. "Employers understand that preventing chr conditions in their employees is far less costly than managing disea after it occurs," Elaine Mischler, co-chair of the DMAA market analy workgroup, said in a written statement. Diabetes, coronary artery dis

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and asthma represented the top three conditions for disease management program enrollment. Health-risk assessments-questionnaires filled by individuals are the most popular wellness initiatives among employees while health plans favor cholesterol screening and counseling. Mail, telephone and the Internet were the most popular ways to reach individuals, according to the survey.

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