



OCTOBER

Did you know... that October is Breast Care Awareness Month?

What is Breast Cancer?

Breast cancer occurs when cancerous cells in the breast multiply and form tumors. There are multiple types of breast cancer, with the most common being Invasive Ductal Carcinoma (IDC), Lobular Breast Cancer, and Ductal Carcinoma in situ (DCIS).

Usually, breast cancer most often affects women age 50 and older, but women younger than 50 and men may also develop breast cancer. It is recommended by the CDC task force that women between the ages of 40 to 74 that are at average risk for breast cancer should get a mammogram every 2 years.

Breast Cancer Symptoms

Breast Cancer may not exhibit any noticeable symptoms, but when it does, these symptoms can include:

- A change in the size, shape or contour of your breast
- A mass or lump
- A lump or thickening in or near your breast or in your underarm that persists through your menstrual cycle
- A change in the look or feel of your skin on your breast or nipple
- A marble-like hardened area under your skin
- A blood-stained or clear fluid discharge from your nipple

If you or someone you know is experiencing any of the symptoms listed above, please contact a provider.

REMINDER! Aetna members have access to cancer resources like the Cancer Support Center. Members can also take a Breast Health Questionnaire. Visit the [Aetna](#) website for more information.

◆ Wellbeats

Wellness

Breast Cancer Awareness Month reminds us of the importance of taking care of our physical health, but it is equally important to prioritize our mental wellbeing – especially in a fast-paced work environment. A healthy mind supports a healthy body, and together, they help you thrive at work and in life. As part of your benefits, Wellbeats Wellness offers resources to support your wellbeing throughout the workday. You can take classes that focus on:

- Guided meditations and mindfulness breaks
- Stress and anxiety management tools
- Mental fitness and emotional resilience

You can also enroll in the **Give Me a Work Break** program or find more work break videos in the **Work Break Category**. See below for classes you can utilize whenever you're in need of a quick recharge:

- **Brain Recharge**
- **5 movements to reduce sitting-related pain**
- **Clear Your Mind**

Download the Wellbeats Wellness app or go to portal.wellbeats.com to get started, or by scanning the QR code!



Works Cited

- <https://my.clevelandclinic.org/health/diseases/3986-breast-cancer>
- <https://www.cdc.gov/breast-cancer/screening/index.html>