

Breast Cancer Awareness Toolkit

Resources for our NFP clients and their employees

October is Breast Cancer Awareness Month! This month is dedicated to helping spread awareness and education around the topic of **breast cancer**, with an emphasis on early detection and timely medical care. Preventative screenings including completing self examinations, mammograms, and annual doctor appointments are all keys to **early breast cancer detection**. According to the American Cancer Society, when breast cancer is found early there is a 99% survival rate.

This **Breast Cancer Awareness Toolkit** includes signs and symptoms of breast cancer, as well as screening recommendations. With external websites, podcasts, and resources designed to support you and your overall health and well-being, anyone can assist in spreading awareness for early **breast cancer detection** and timely healthcare.

Important Dates to Remember:

- October 13: National Metastatic Breast Cancer Awareness Day
- October 17 - 23: Men's Breast Cancer Awareness Week
- Mammography Day: observed annually on the third Friday in October



Signs and Symptoms

Early Signs and Symptoms*:

- The most common symptom is a new mass or lump in your breast tissue. This mass could be hard with irregular edges, but it can also be soft.
- Swelling of the breast (part of the breast, or the whole breast).
- Swollen lymph nodes under the arm pit or near the collar bone.
- Dimpling of the skin around the breasts.
- Check out more early signs and symptoms [here](#).



*[American Cancer Society](#)



Screening Recommendations

Screening refers to tests and exams used to find a disease in people who don't have any symptoms. The goal of screening tests for breast cancer is to find it early, before it causes symptoms (American Cancer Society).

Screening Recommendations

Mammograms: A mammogram plays a key role in breast cancer screening. It is an X-ray image of your breasts and can detect breast cancer before it causes signs and symptoms (Mayo Clinic).

- Women 40 to 44 have the option to get a mammogram annually
- Woman 45 to 55 should be getting a mammogram annually
- Women 55 and older have the option to switch to getting a mammogram every other year, depending on their health.
- [Learn more here](#) (American Cancer Society)

Clinical Breast Exams and Self Breast Exams:

- Can help discover new lumps and masses
- Can help you notice any changes in skin texture or colors



Resources

Website and Articles

CDC

[Breast Cancer](#)

Mayo Clinic

[Breast Cancer](#)

American Cancer Society

[Breast Cancer Early Detection and Diagnosis](#)

National Breast Cancer Foundation

[About Breast Cancer](#)

Podcasts

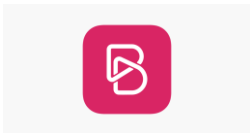
[The Breast Cancer Podcast](#)

[Breastcancer.org Podcast](#)

[The Breast Cancer Recovery Coach](#)



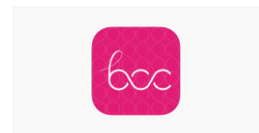
Apps



[Bezy Breast Cancer](#)



[Owise](#)



[Breast Cancer Club](#)