



# Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

October is Breast Cancer Awareness Month, a time to focus on education, early detection and support for those affected by this disease. To help make the most of this important month, here are four weeks of actionable tips. Each week highlights a different aspect of breast health and awareness, empowering you to take charge of your well-being and make a positive impact in the fight against breast cancer.

October 5

## Know Your Risk

This week, focus on understanding your personal risk factors for breast cancer. If you haven't already, take the time to schedule an appointment with your healthcare provider to discuss your family history, lifestyle and other factors that may influence your risk. Consider genetic counseling if breast or ovarian cancer runs in your family. Remember, knowledge is power in prevention and early detection.

October 12

## Prioritize Screening

Early detection saves lives. This week, make sure you're up-to-date on your recommended screenings. If you're 40 or older, schedule your annual mammogram if you haven't already. For younger women, learn how to perform a breast self-exam and commit to doing it monthly. Encourage the women in your life to prioritize their screenings too.

October 19

## Embrace a Healthy Lifestyle

Focus on habits that may help reduce your risk of breast cancer. Aim to incorporate more physical activity into your routine — try for at least 150 minutes of moderate exercise per week. Also, work on improving your diet by adding more fruits, vegetables and whole grains while reducing processed foods and alcohol consumption. Small changes can make a big difference in your overall health.

October 26

## Spread Awareness and Support

In this final week, concentrate on supporting the broader breast cancer community. Share educational resources on social media, participate in or donate to a local breast cancer walk or fundraiser or volunteer at a cancer support organization. Consider reaching out to a friend or family member affected by breast cancer to offer your support. Remember, awareness and community support are crucial in the fight against breast cancer.

Source: [mayoclinic.org](https://www.mayoclinic.org)