



healthy choices



live well. be well.

October Breast Cancer Awareness Month

Changes in your breast

- Lump, knot or thickening inside the breast or underarm area
- Change in size or shape of the breast
- New pain in one spot that does not go away
- Itchiness, scaliness, soreness or rash on the nipple
- Swelling, warmth or redness or darkening of the breast
- Nipple discharge that starts suddenly
- Dimpling or puckering of the skin

Time to see your doctor

These symptoms can also be a sign of other health problems.

If you notice any of these, see your doctor as soon as possible. Sometimes there are no signs of breast cancer and the cancer is detected with mammogram. By utilizing an in-network provider (which can be found on the Welfare Fund website) your annual screening mammogram is covered under preventative services. The American Cancer Society recommends one screening per calendar year beginning at the age of 40.

Steps to take

Steps you can take to minimize your chances for breast cancer and potentially prevent it include:

- Routine self and physician breast exams
- Annual mammograms for women 40 years of age and older
- Smart lifestyle and health choices
- Be physically active and avoid time spent sitting
- It is best not to drink alcohol

In 2020, an estimated 276,480 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 48,530 new cases of non-invasive (in situ) breast cancer.

About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.

For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.



Flu

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Seasonal Flu

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season. Manufacturers have already begun distributing flu vaccine and will continue to distribute vaccine throughout the season. CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you.

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent hand washing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Flu Symptoms



Cough



Fatigue (tiredness)



Runny or stuffy nose

Headaches



Sore throat

Muscle or body aches

Fever or feeling feverish/chills

(It's important to note that not everyone with flu will have a fever.)

Participating Pharmacies

Get your flu shot today at CVS in your local Schnucks, Dierbergs and Kroger. Most flu shots are covered at 100% under insurance through the Welfare Fund, as long as you utilize an in-network pharmacy or in-network provider. Please call the Welfare Fund for more details at 314.835.2700