

healthy choices



live well. be well.

Breast Cancer

AWARENESS M NTH

This year, more than 268,600 women and 2,600 men will be diagnosed with invasive breast cancer, and more than 42,260 will die from the disease.

If diagnosed early and treated before it spreads, five-year survival rate for breast cancer is 99%.

What Is Breast Cancer?

Breast cancer is a type of cancer that starts in the breast. Cancer starts when cells begin to grow out of control.

What are the symptoms ?

Don't wait for symptoms to appear. Get screened according to guidelines. If you do notice any of the following symptoms, talk with your health care professional:

- ✂ A lump, hard knot or thickening in the breast.
- ✂ A lump under your arm.
- ✂ A change in the size or shape of a breast.
- ✂ Nipple pain, tenderness or discharge, including bleeding.
- ✂ Itchiness, scales, soreness or rash on nipple.
- ✂ A nipple turning inward or inverted.
- ✂ A change in skin color and texture (dimpling, puckering or redness).
- ✂ A breast that feels warm or swollen.

Am I at risk of getting COVID-19?

If you have breast cancer and are being treated with chemotherapy or immunotherapy, or you have metastatic breast cancer, your immune system may be weakened. This means you have an increased risk of getting sick from COVID-19.

Living as a Survivor

Ask your doctor for a survivorship care plan
This plan might include:

- A suggested schedule for follow-up exams and tests.
- A schedule for other tests you might need in the future, such as early detection (screening) tests for other types of cancer, or tests to look for long-term health effects from your cancer or its treatment.
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor.
- Diet, physical activity, and other lifestyle modification suggestions.





Women's health

Well-woman visit



Vaccines



A well-woman visit is a time to see your health care provider to:

1. Discuss family history, family planning, and personal habits, such as alcohol and tobacco use.
2. Schedule necessary tests, such as screenings for sexually transmitted infections and more.
3. Set health goals, such as being active and maintaining a healthy weight.

Flu vaccines and COVID-19 vaccines can be given at the same time.

Some of the symptoms of flu and COVID-19 are similar. Testing is needed to tell what the illness is.

People with a weakened immune system have a higher risk of getting serious complications from flu and severely ill from COVID-19.

The flu vaccine protects against the 3-4 viruses most likely to be common each flu season.

The CDC recommends everyone aged 6 months or older get a flu shot every year.

DEADLINE

Open Enrollment

2022

If you are not making any changes to your plan, you **DO NOT** need to return the form.

Please contact the Fund Office if you have any questions regarding Open Enrollment.
314.835.2700 or 1.866.565.2700



Please submit your 2022 Open Enrollment Form by November 30th , 2021.