

# *Cayuga-Onondaga Area School Employees'*

HEALTHCARE PLAN  
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In an effort to promote the well-being of all Members and Staff, the COASEHP is distributing monthly Wellness Reminders and Tips from Excellus BCBS and ENV Insurance Agency. We hope you find the information useful.

 **October is "Breast Cancer Awareness" Month**

October is **Breast Cancer Awareness Month**, an annual campaign to increase awareness of the disease. According to the Centers for Disease Control and Prevention, about 255,000 women get **breast cancer** and 42,000 women die from the disease in the US every year.

Here are some additional resources to explore:

- American Cancer Society: [Breast Cancer](#)
- Centers for Disease Control and Prevention: [Breast Cancer](#)

[Excellus BCBS 10/2021 Wellness]



**From the *(above)* Centers for Disease Control and Prevention website:**

Breast cancer is most often found in women, but men can get breast cancer too. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

The most common kinds of breast cancer in men are the same kinds in women:

- **Invasive ductal carcinoma.** The cancer cells begin in the ducts and then grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.
- **Invasive lobular carcinoma.** Cancer cells begin in the lobules and then spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

- **Ductal carcinoma *in situ* (DCIS)** is a breast disease that may lead to invasive breast cancer. The cancer cells are only in the lining of the ducts, and have not spread to other tissues in the breast.

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## **Did You Know?**

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Rochester Regional Health offers a **Mobile Mammography Center** at various locations throughout the Fingerlakes area community. You can request an appointment online or call 585-922-PINK.

View their monthly calendar to find their scheduled locations for the upcoming months:

<https://pink.rochesterregional.org/calendar>

- ◆ Read the FAQ's on their website for information & answers to your possible questions
- ◆ Have your Excellus BCBS Card ready when scheduling an appointment
- ◆ Covered in full for eligible COASEHP Members
- ◆ This could be a great resource for family or friends

## **Breast Cancer Awareness Month**

According to the World Health Organization, breast cancer became the most common cancer this year, accounting for 12% of all new cancer cases worldwide. In addition, breast cancer is the most frequently diagnosed cancer among American women. However, some men are also at risk for breast cancer.

The main factors that influence your risk of breast cancer include being a woman and getting older. Additional risk factors that are out of your control include genetic mutations, exposure to radiation therapy, your reproductive history and your family history.

October is Breast Cancer Awareness Month. As such, this is the perfect time to re-familiarize yourself with the following warning signs of breast cancer:

- Any change in the size or the shape of the breast
- Pain, thickening or swelling in any area of the breast
- Irritation or dimpling of breast skin
- New lumps in the breast or underarm
- Nipple discharge other than breast milk

Screenings can't prevent cancer, but early detection can make treatment more effective. Women ages 45 to 54 should get a mammogram each year, while women age 55 and older can switch to biennial screening. For more information about breast cancer risk factors, talk to your doctor or visit [www.breastcancer.org](http://www.breastcancer.org)

## **Breast Cancer Prevention Tips**

Research shows that making these lifestyle changes can help decrease your risk of breast cancer:

- ~ Exercise regularly ~
- ~ Limit your alcohol intake ~
- ~ Maintain a healthy weight ~

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**Serving the School Districts of Cato-Meridian, Jordan-Elbridge, Moravia, Port Byron, Skaneateles, Southern Cayuga,  
Union Springs, Weedsport, and the Board of Cooperative Educational Services.**

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