

October 2016

Sullivan Benefits



Breast Cancer Awareness

Breast cancer is a disease in which malignant cells form in the tissues of the breast. Research estimates that 1 in 8 women will be diagnosed with invasive breast cancer during her life. It is important to know that men can be diagnosed with breast cancer as well, although only 1 percent of breast cancer patients are male. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

If localized breast cancer is detected early, the five-year survival rate is 100 percent! That is why an early detection plan is important. See your doctor regularly and conduct monthly breast exams so you can watch for symptoms that include:

- Nipple tenderness or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)
- A lump in the breast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
National Breast Cancer Awareness Month – www.cancer.org Domestic Violence Awareness Month – www.ncadv.org Eye Injury Prevention Month – www.geteyesmart.org/eyesmart/injuries/index.cfm Health Literacy Month – www.healthliteracymonth.org Home Eye Safety Month – www.preventblindness.org National Bullying Prevention Month – www.pacer.org/bullying/nbpm National Dental Hygiene Month – www.adha.org/national-dental-hygiene-month National Down Syndrome Awareness Month – www.ndss.org National Medical Librarians Month – www.mlanet.org National Physical Therapy Month – www.apta.org/nplm Sudden Infant Death Syndrome Awareness Month – www.nichd.nih.gov/sts/Pages/default.aspx Mental Illness Awareness Week (2-8) – www.nami.org International Walk to School Day (5) – www.walkbiketoschool.org				National Depression Screening Day (6) – www.mentalhealthscreening.org/events/national-depression-screening-day.aspx Bone and Joint Health Action Week (12-20) – www.usbj.org Metastatic Breast Cancer Awareness Day (13) – www.cancer.org National Latino AIDS Awareness Day (15) – www.nlaad.org International Infection Prevention Week (16-22) – http://professionals.site.apic.org/ World Food Day (16) – www.worldfooddayusa.org National Health Education Week (17-21) – www.sophe.org/nhew.cfm National Healthcare Quality Week (17-22) – www.nahq.org/membership/content/celebratehealthcarequality.html World Pediatric Bone and Joint Day (19) – www.usbj.org International Stuttering Awareness Day (22) – www.stutteringhelp.org Red Ribbon Week (23-31) – www.nfp.org Respiratory Care Week (23-29) – www.aarc.org/rweek World Psoriasis Day (29) – www.psoriasis.org			1
2 Mental Illness Awareness Week	3	4	5 International Walk to School Day	6 National Depression Screening Day	7	8	
9	10	11 Yom Kippur Begins	12 Yom Kippur Ends Bone and Joint Health Action Week	13 Metastatic Breast Cancer Awareness Day	14	15 National Latino AIDS Awareness Day	
16 International Infection Prevention Week World Food Day	17 National Health Education Week National Healthcare Quality Week	18	19 World Pediatric Bone and Joint Day	20	21	22 International Stuttering Awareness Day	
23 Red Ribbon Week Respiratory Care Week	24	25	26	27	28	29 World Psoriasis Day	
30	31 Halloween						

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