

# Wellness Tidbits



## THINK PINK

### Risk and Prevention

Affecting 1 in 8 women, breast cancer is the most common and invasive cancer in women. While advances in screening and treatment have improved dramatically over the past thirty years, the exact cause is still unclear.

Studies have shown that the risk for breast cancer is due to a combination of factors, and while some risk factors can't be changed, such as family history and aging, increasing protective factors that are lifestyle-related and within your control may help to prevent cancer. For a complete list of risk factors, visit: <https://www.breastcancer.org/risk/factors>.

### Early Detection & Diagnosis

Early detection increases the chances of successful treatment. Regular screening tests for women at an average risk level:

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue year mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do

## Join the Monthly TSHBP Fitbit® Challenge!

### How to Play

- 1) Read this article: <https://bit.ly/3jx4P1v>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

### Question

*True or False:*  
Using underarm antiperspirant can cause breast cancer.

**ANSWER FITBIT®  
CHALLENGE HERE!**

