

Wellness Tidbits

October is National Breast Cancer Awareness Month



BREAST CANCER AWARENESS MONTH

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, which points to the importance of October's National Breast Cancer Awareness Month.

Here are some facts and stats on breast cancer in the United States.

- In 2021, it is estimated over 280,000 new cases of invasive breast cancer and over 49,000 new cases of non-invasive breast cancer will be diagnosed.
- 1 in 8 women will develop breast cancer in her lifetime.
- Although rare, men get breast cancer too. In 2021, it is estimated over 2,500 men will be diagnosed.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.



Resources:

<https://www.nationalbreastcancer.org/breast-cancer-facts>

<https://www.komen.org/wp-content/uploads/Mammography.pdf>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Fill in the Blank

1 in ___ women will develop breast cancer in her lifetime.

**ANSWER FITBIT®
CHALLENGE HERE!**



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