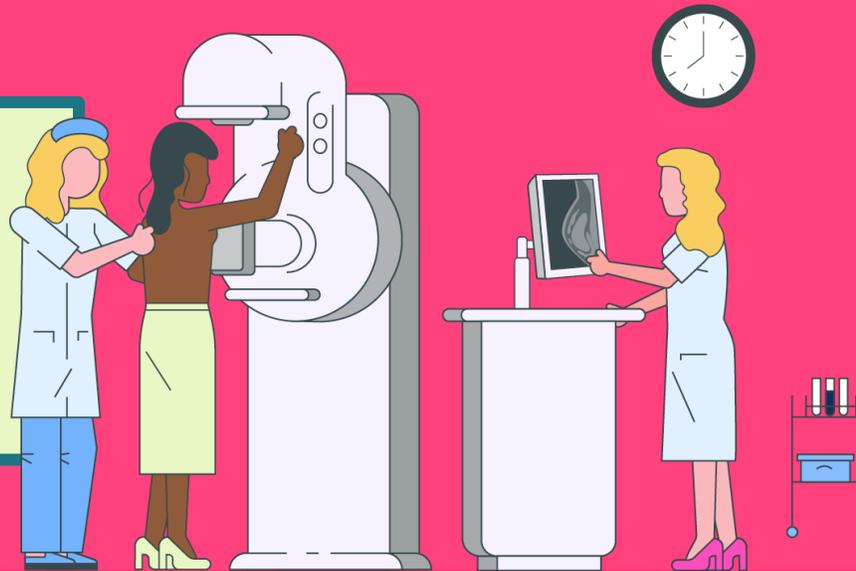


THE WELL

October 2021



Early detection saves lives

Breast Cancer detection

Breast exams are one of the best ways to detect cancer early. Clinical exams, breast self-exams and mammograms should be performed regularly. This helps determine if there are changes in breast tissue, indicating breast cancer, benign or potentially harmful conditions.

Performing self-exams

In between clinical exams and mammograms, women should complete breast self-exams to become familiar with the look and feel of their breasts when healthy, so that changes can be detected as early as possible. Here is how to complete a self-exam:

1. Lie down and place one arm behind your head. Use the pads of your middle three fingers on the opposite hand to check your breast tissue in overlapping, dime-sized circular motions.
2. Use an up-and-down pattern starting at your underarm and moving all the way to the middle of your breastbone to feel for changes.
3. Standing with your hands on your hips, look in a mirror for changes in size, shape, contour or coloring of your breasts and nipples

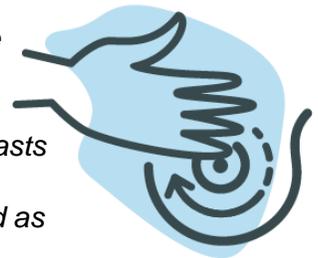
Breast tissue changes

Contact your doctor if you notice any of the following changes to your breast or nipple tissue:

- Lumps
- Dimpling, red or scaly skin
- Nipple discharge or pain

It is normal for breast tissue to change during menstrual cycles, pregnancy, menopause, while taking birth control pills or other hormone therapy. However, if you notice changes at other times in your life, contact your health care provider immediately.

Women should complete breast self-exams to become familiar with the look and feel of their breasts when healthy, so that changes can be detected as early as possible.



To learn more about a breast self-exam, visit:

[breastcancer.org/symptoms/testing](https://www.breastcancer.org/symptoms/testing)



Lifestyle changes for risk reduction

Certain lifestyle changes can help you keep your risk of breast cancer as low as possible.

- Maintaining a healthy weight
- Exercising regularly
- Limiting alcohol
- Eating nutritious food
- Not smoking (or quitting if you do smoke)

If you have a breast concern, don't assume it is breast cancer because many symptoms could be benign. However, you should always be vigilant and see your health care provider if something does not seem normal.

Ways to support Breast Cancer Awareness Month

There are a variety of ways that you can support Breast Cancer Awareness Month. Here are three ideas:

1. Donate to a charity that provides support and services to women and families that are affected by breast cancer.
2. Learn about signs, symptoms, risk factors and screenings for breast cancer.
3. Spread awareness about this disease and help educate friends and family.

Learn more about how to support breast cancer patients and survivors:
[breastcancer.org/community](https://www.breastcancer.org/community)



Chicken Enchiladas



Delicious and flavorful weeknight meal.

Makes: 8 servings

Ingredients:

- 9 ounces chicken (chopped and cooked)
- 1 small onion (chopped)
- ½ cup mozzarella (shredded, part-skim)
- 2 cups cabbage (shredded)
- 5 tortillas (8-inch)
- 1 can diced tomatoes with green chilies (lightly drained)
- ¼ cup parmesan cheese
- Nonstick cooking spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray 9 by 12" baking dish with nonstick cooking spray.
3. Combine chicken, onion, cabbage and mozzarella in a large bowl.
4. Place about ½ cup chicken mixture on tortilla, spreading mixture to form a line across largest width.
5. Roll ingredients in tortilla and place in a baking dish.
6. Top tortillas with tomato and sprinkle parmesan cheese.
7. Cover with aluminum foil.
8. Bake for 30 minutes.

NUTRITION INFORMATION

Serving Size: 8

Calories	306
Total fat	9 g
Saturated fat	45 g
Cholesterol	45 mg
Sodium	868 mg
Total Carbohydrate	32 g