



Breast Cancer Awareness Month


STATISTICS



About **1 in 8** U.S. women (about **12%**) will develop invasive breast cancer over the course of her lifetime.

In 2019, it's estimated that about **30%** of newly diagnosed cancers in women will be **breast cancers**.



 About **85%** of breast cancers occur in women who have **no family history of breast cancer**. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

REDUCING YOUR RISK



Control your weight. Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.

Be physically active. Aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.



Limit Alcohol. The more alcohol you drink, the greater your risk. Limit yourself to less than one drink a day, as even small amounts increase risk.

TELLING OTHERS ABOUT YOUR CANCER

How do you feel about it? You most likely will have many different emotions as you learn more about your diagnosis and begin to learn about treatment options. It's normal to wonder, "Why me?" or to feel sad, angry, or afraid. Physical and chemical changes from the treatment or the cancer itself can also affect your emotions. The first step is to admit to yourself how you feel. It's OK to let yourself feel the way you do.

Getting ready to talk to others. Only you can decide when to tell your friends and family you have cancer. It may be even more important for single people without supportive family members nearby to let close friends know what's happening. Think ahead so you can tell them what they can do when they ask how they can help – people who live alone often have a few extra needs compared to those who live with others.

Deciding who to tell. It could be helpful to start by making a list of people that you want to talk to. People usually tell their spouse or partner first, then other family and close friends. It's also important to tell your children, which might require more preparation depending on their ages. Learn more in [Helping Children When a Family Member Has Cancer: Dealing With Diagnosis](#).

How to talk to others about your cancer. In general, tell the people close to you how you're feeling. This is sometimes hard to do, but it's healthy to let others know about your sadness, anxiety, anger, or other emotional distress. If you don't feel comfortable doing this, you may want to find a support group or a mental health counselor to help you. Some people prefer workshops, peer groups, or religious support.



877.834.4596
<https://wellnesstherightway.hmchealthworksc.com>





SUCCESS STORY

MEMBER

28 Year Old Male

GOALS

To reduce stress and blood pressure levels.

SUCCESS

After working with his Nurse Health Advocate, he lost 6 pounds and reduced total cholesterol from 332 to 264, HDL from 26 to 34, triglycerides from 1328 to 490, blood pressure from 142/93 to 130/84.

OUTCOMES

He continues to work towards managing his conditions through a **healthy lifestyle and health education from his nurse**. He cut out processed foods, as well as his pre-workout supplement and the energy drinks and is only getting caffeine from black coffee. He is exercising regularly and has added cardio into his routine.

IN HIS OWN WORDS

"My anxiety is controlled and I feel that things are good. My Nurse Health Advocate made me aware that I should reach out for assistance if anxiety and stress becomes uncontrolled."

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



PORK & BEANS

THREE INGREDIENT SLOW COOKER DINNER

3 lbs. pork tenderloin, cut into 3-inch lengths
2 (15 oz) cans black beans, rinsed and drained
24 oz. picante sauce
Cooked rice, optional

1. In a slow cooker, place the pork, beans and picante sauce.
2. Cover and cook on low for 8 hours or until pork is tender.
3. Shred pork; return to slow cooker. Serve with rice if desired.



Nutrition Facts - 1 cup without rice

207 calories
4g fat (1g saturated fat)
64mg cholesterol
595mg sodium
14g carbohydrate (2g sugars, 3g fiber)
26g protein

Click [here](#) for more healthy recipes.



TAKING CHARGE OF YOUR MENTAL HEALTH

Depression & Mental Health Screening Month

Navigating life with a mental health condition can be tough and the isolation, blame and secrecy can create challenges to reaching out, getting needed support and living well. You are not alone! **Take charge of your mental health by calling HMC HealthWorks at 888.369.5054 to help you with the following:**

1



FIND THE RIGHT SPECIALIST

- Ask your doctor or nurse to help you find a specialist and make your first appointment.
- There may be a long wait for your first visit, so speak up if you need to see someone right away.
- Remember, if the first mental health specialist you see isn't a good fit, keep looking for one who works for you.

2



MAKE YOUR FIRST APPOINTMENT COUNT

1. Be ready to talk about your health history and what you're experiencing
2. Be clear about what you want and need to get better
3. Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do

3



ASK QUESTIONS

1. If I have thoughts that scare me what should I do?
2. How often should we meet? What can I do between appointments if I need help?
3. Do I have to take medication? What does it help with? What are the side effects?
4. How long will it take for me to feel better, a few days, weeks or months?

3



STAY INVOLVED

- Keep a journal and monitor your progress
- Ask for changes if your treatment plan is not working for you
- Stick with it; most therapies and medications take time to work
- Your treatment plan may change, so be an active partner in this process