CONNECTIONS

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month is essential for raising awareness about breast cancer and encouraging proactive measures like regular screenings, self-exams, and treatment options, which can significantly improve survival rates. It also emphasizes the importance of continuing research, funding, and education and offering hope and support to those affected.

According to the CDC, no breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

There are different symptoms of breast cancer and some people have no symptoms at all. Some symptoms of breast cancer could include:

- **Any change in the size, thickness, or the shape of the breast**
- **Pain in any area of the breast**
- **Redness or flaky skin in the nipple area or the breast**
- **Pulling in of the nipple or pain in the nipple area**
- **Nipple discharge other than breast milk (including blood)**
- **New lump in the breast or underarm (armpit)**

If you have any signs that worry you, be sure to see your doctor right away.

Facts:

- **Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.**
- **About 5% to 10% of breast cancers are hereditary.**
- **Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.**
- **Mammograms are the best way to find and treat breast cancer early. If left untreated, breast cancer can spread to other parts of the body, making it harder to treat.**

Source: cdc.gov

Montello CARE CENTER

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Oral Health Tips

- **Practice good oral hygiene. Brush your teeth thoroughly twice a day with fluoride toothpaste and floss daily between the teeth to remove dental plaque.**
- **Visit your dentist at least once a year, even if you have no natural teeth or have dentures.**
- **Do not use any tobacco products. If you smoke, make a plan to quit.**
- **Limit/avoid alcoholic drinks. It can contribute to dry mouth and in excess lead to increased plaque buildup.**
- **If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including** gum disease. Treating gum disease may help lower your blood sugar level.
- **If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water.**
- **See your doctor or a dentist if you have sudden changes in taste and smell or notice any sores in and around your mouth.** *Source: cdc.gov*
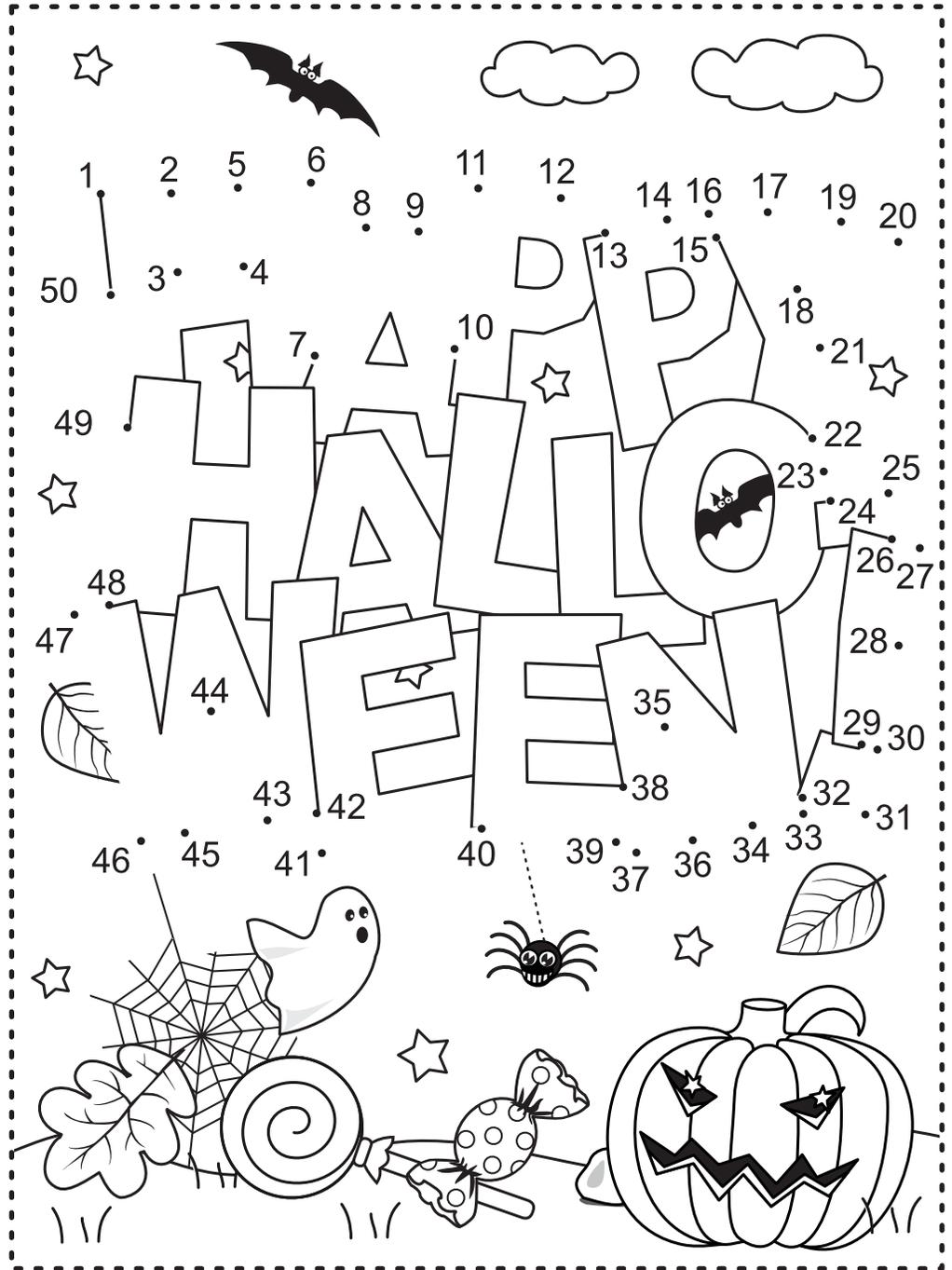
Spooktacular Halloween Mask Craft

Using a paper plate, cut out holes for the eyes and mouth. Trim off the circular edges for a unique shape. Use paint, markers, crayons, or colored pencils to decorate the front of the paper plate. You can draw a spooky face, a friendly character, or any Halloween-themed design. Use glue to attach feathers, sequins, glitter, or googly eyes to embellish your mask.

Punch a hole on each side of the mask, near the edges. Thread a piece of string or elastic cord through each hole and tie knots to secure them when you get the perfect fit. Show off your spooktacular creation to friends and family and encourage them to join in the fun!

Dot-to-Dot

Connect the dots numerically 1 - 50 to complete the outline. Color in the background and shapes for a spooktacular image!