



CHATTING ABOUT HEALTH



October is

Breast Cancer Awareness Month



Each year in the US:

- about 240,000 cases of breast cancer are diagnosed in women
- about 2,100 cases of breast cancer are diagnosed in men
- About 42,000 women and 500 men die from breast cancer.

Many factors contribute to the risk of breast cancer.

*The **main factors** are **being a woman** and **getting older.***

Other risk factors include:

- starting menstrual periods before the age of 12
- starting menopause after the age of 55
- family history of breast or ovarian cancer
- Not being physically active
- Having obesity/overweight after menopause
- Drinking alcohol

Breast cancer screening cannot prevent breast cancer but it can help find it early, when it is easier to treat.

The US Preventive Services Task Force recommends that

- women 50-74 who are at average risk for breast cancer get a mammogram every 2 years
- women 40-49 should talk to their doctor about when to get screened and how often

Most health insurance plans are required to cover screening mammograms every 1-2 years for women beginning at age 40

If you are concerned about cost, CT Department of Public Health might be able to help.

See if you qualify:

<https://portal.ct.gov/DPH/Comprehensive-Cancer/Comprehensive-Cancer/The-Connecticut-Early-Detection-and-Prevention-Program-CEDPP>

Learn more from CDC:

https://www.cdc.gov/cancer/breast/basic_info/



October 28 is

National Prescription Drug Take Back Day

Unused prescription drugs can find their way into the wrong hands.
This is dangerous and can be tragic.



Help loosen the grip of Rx drug misuse

- Check your medicine cabinet for unneeded medications.
- Bring them to a take back event near you so they can be disposed of safely.



Find a collection site near you:



<https://www.dea.gov/takebackday>



Don't flush unwanted medications down the toilet

Flushing them might prevent someone from accidentally taking them but it can harm wildlife, septic systems and sewage plants.



Learn more about safe disposal practices here:

<https://portal.ct.gov/-/media/DEEP/p2/individual/ConsumerPharmDisposalFactSheetpdf.pdf>



FLU AND COVID-19 VACCINES & BOOSTERS

Visit CDC to learn more about current COVID-19 vaccine recommendations :
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Chatham Health District will be offering flu and COVID-19 vaccines this year.

Visit our website
chathamhealth.org
to see our clinic schedule



WWW.CHATHAMHEALTH.ORG

