

# Local No. ONE Wellness Center



**Eat and Move Better ▶ Work and Live Better**

## **FREE Mammography Screening For Qualified Participants**

**Thursday, October 26<sup>th</sup> – 2:00-4:30pm**

**Call (877)628-9090 for an appointment!**



Dear Welfare Fund Participant:

October is Breast Cancer Awareness month, and we are reaching out to our female participants and spouses to remind you about the importance of early detection, and to let you know about a Mammography Screening event on **October 26<sup>th</sup>** sponsored by the Local One Wellness Center.

The screenings will take place in a state-of-the-art mobile lab that will be located in front of the **Local One building at 320 West 46th Street**, and appointments are available from **2:00pm to 4:30pm**. Female participants and spouses with current Welfare Fund provided coverage who are age 40 and older, have not had a screening in the prior 12 months, are eligible to participate, and screenings are **FREE** to eligible participants. To schedule an appointment, please call **(877)628-9090**.

Below you will find some early detection guidelines and information from the American Cancer Society.

Best Wishes and Good Health,

Mary Kelly  
Local One Healthcare Coordinator / RN

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### **The American Cancer Society recommends the following guidelines:**

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- **All women** should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.

Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Some women – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

## Breast Cancer Signs and Symptoms

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find breast cancer in its early stages, before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass, lump, or breast change checked by a health care professional experienced in diagnosing breast diseases.

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt. Swollen lymph nodes should also be checked by a health care provider.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to a health care professional so that the cause can be found.

Because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

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For more information regarding Breast Cancer, go to the American Cancer Society's web site:

**[cancer.org/cancer/breast-cancer](http://cancer.org/cancer/breast-cancer)**

**1 in 8**  
**WOMEN**  
WILL BE DIAGNOSED WITH  
*Breast Cancer*  
IN THEIR LIFETIME

