

- About Breast Cancer
- Screening, Testing, Diagnosis
- Risk Factors
- Prevention
- Chiropractic Involvement



Summary Version

The following one-page article is a summary of our more detailed full version of October's Navigator. To read the October Navigator in its entirety, click on the link provided:

October is National Breast Cancer Awareness Month

🌸 Understanding Breast Cancer: What Every Woman (and Man) Should Know

🧡 About Breast Cancer

- 📌 Breast cancer is the most common cancer among women worldwide.
- 📌 In the U.S., more than 200,000 women are diagnosed each year.
- 📌 Survival rates have improved significantly—up from 75% in 1974 to 90% today.
- 📌 While rare, men can also develop breast cancer.



📖 What's Inside This Issue

- 🩺 About Breast Cancer
- 🔍 Screening, Testing & Diagnosis
- ⚖️ Risk Factors
- 🥗 Prevention
- 💊 Vitamins, Minerals & Supplements
- 🌿 Chiropractic Involvement

This year, 232,670 new cases of breast cancer will be diagnosed in women.

**For more information,
contact your doctor.**

👁️ Sneak Peek Highlights

- ✅ Your Risk: Female gender, age, obesity, alcohol, smoking, and hormone therapy can raise risk.
- ✅ Protective Factors: Exercise, breastfeeding, and eating more fruits and veggies may lower risk.
- ✅ Myth-Busting: ☕ Caffeine and breast implants are not linked to higher risk.
- ✅ Proactive Care: Talk with your doctor about screenings and counseling if you're at higher risk.

💡 Why It Matters

🌟 Understanding your personal risk and taking preventive steps can make all the difference. Whether it's improving lifestyle habits, exploring supplements, or integrating chiropractic support, this issue empowers you with practical strategies for health.

🚀 **Take the Next Step - Knowledge is power—and prevention is possible.**

👉 **For more details and information, read our entire October Navigator, click on the link provided.**