

OCTOBER 2020





Breast Cancer Awareness Month

Ask your doctor when you should get a mammogram.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

Any change in the size or the shape of the breast.

Pain in any area of the breast.

Nipple discharge other than breast milk (including blood).

A new lump in the breast or underarm.

What does it mean to have dense breasts: https://youtu.be/504mCaNo7hE

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

Craft Time

Pumpkins cut outs:

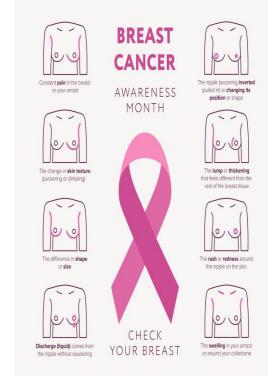
https://www.firstpalette.com/
printable/pumpkins.html

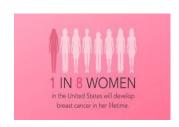
Halloween Character cut out:
https://www.firstpalette.com/
printable/halloweencharacters.html





For more information about Holidays and COVID visit the CDC website: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html





When should I start getting Mammograms?
https://youtu.be/ovYoKemDEWA

