



OCTOBER 2020



### Craft Time

Pumpkins cut outs:

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

Halloween Character cut out:

<https://www.firstpalette.com/printable/halloween-characters.html>



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



## 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.

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

What does it mean to have dense breasts:

<https://youtu.be/504mCaNo7hE>

**BREAST CANCER AWARENESS MONTH**

Constant **pain** in the breast or your armpit

The nipple becoming **inverted** (pulled in) or **changing its position** or shape

The change in **skin texture** (puckering or dimpling)

The **lump** or **thickening** that feels different from the rest of the breast tissue

The difference in **shape** or **size**

The **rash** or **redness** around the nipple on the skin

**Discharge (liquid)** comes from the nipple without squeezing

The **swelling** in your armpit or around your collarbone

**CHECK YOUR BREAST**

**1 IN 8 WOMEN**  
in the United States will develop breast cancer in her lifetime.

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

October is...

**BREAST CANCER AWARENESS Month**

until there is a cure... there is hope