

OCTOBER NEWS 2021

Empowering you with information for
your emotional and physical wellbeing

Breast Cancer Awareness Month

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Breast cancer is the most common cancer among women in the United States. Every 2 minutes, a woman is diagnosed with breast cancer.

The COVID-19 pandemic has affected screening, diagnosis, treatment, and follow-up care for breast cancer. A sudden decrease in the use of cancer screening tests meant that some early-stage cancers may have gone undetected. Patients need to get back to receiving age and risk-appropriate breast cancer screening tests.

IMPORTANT ANNOUNCEMENT

The world is a different place and people feel differently about health. Just as everything around us changes and evolves so has our company. ***We are pleased to announce our new company name and brand – Uprise Health.***

Today, as one company with one vision, Uprise Health is a digital mental health company that cares for the total person through our suite of services for EAP, coaching, managed behavioral health and chronic condition management.

There will be no change to any of the services you currently receive, and you will continue to receive our monthly newsletter and invitations to our monthly webinars.



800.395.1616

<https://uprisehealth.com>





Breast Cancer Awareness Month



The most common risk factor for breast cancer is being a woman.

Women develop breast cancer at much higher rates than men. Less than 1% of all new breast cancer cases happen in men.



Breast cancer risk increases as we get older.

1 out of 8 aggressive breast cancers develop in women younger than 45. About 2 out of 3 aggressive breast cancers are found in women 55 or older.



Family history matters and can impact your risk of developing breast cancer.

Your risk is doubled if you have a sister, mother, or daughter with breast cancer. Your risk is 5 times higher if two of them develop breast cancer.



Frequent breast cancer screenings reduce risk of death from breast cancer.

Screening includes a monthly breast self-exam, a yearly breast exam by your doctor, and a mammogram every year starting at age 40 or younger with a family history.



There is a link between hormone replacement therapy and breast cancer.

Using hormone therapy after menopause can increase your risk of breast cancer. Talk to your doctor about non-hormonal menopause options.



Combination treatments can provide patients with the best outcomes.

There are many treatment options, and most include a combination of surgery, radiation, hormone therapy, chemotherapy, and targeted therapies.

Reducing Your Risk

WATCH YOUR WEIGHT

Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.

MOVE TO IMPROVE

Be physically active. Aim for at least 20 minutes a day of moderate activity or 10 minutes of vigorous activity daily.

THINK BEFORE YOU DRINK

The more alcohol you drink, the greater your risk. Limit yourself to less than one drink a day, as even small amounts increase risk.

INCLUDE GOOD FOOD

A diet that is high in vegetables, fruit, and calcium-rich dairy products, but low in red and processed meats might help lower the risk of breast cancer.

BREASTFEED FOR BREAST HEALTH

Women who choose to breastfeed for at least several months may also get an added benefit of reducing their breast cancer risk.

BUST MYTHBUSTERS

Finding a lump in your breast does not mean you have breast cancer. Only a small percentage turn out to be cancer. If do you notice a lump or breast tissue change, contact your doctor.

Telling Others About Your Breast Cancer

How Do You Feel About It

You most likely will have many different emotions as you learn more about your diagnosis and begin to learn about treatment options. It's normal to wonder, "Why me?" or to feel sad, angry, or afraid. Physical and chemical changes from the treatment or the cancer itself can also affect your emotions. The first step is to admit to yourself how you feel. It's OK to let yourself feel the way you do.

Getting Ready to Talk to Others

Only you can decide when to tell your friends and family you have cancer. It may be even more important for single people without supportive family members nearby to let close friends know what's happening. Think ahead so you can tell them what they can do when they ask how they can help – people who live alone often have a few extra needs compared to those who live with others.

How to Talk to Others About Your Cancer

In general, tell the people close to you how you're feeling. This is sometimes hard to do, but it's healthy to let others know about your sadness, anxiety, anger, or other emotional distress. If you don't feel comfortable doing this, you may want to find a support group or a mental health counselor to help you. If you have an employee assistance program, contact them. Others prefer workshops, peer groups, or religious support.

Deciding Who to Tell

It could be helpful to start by making a list of people that you want to talk to. People usually tell their spouse or partner first, then other family and close friends. It's also important to tell your children, which might require more preparation depending on their ages. Learn more by reading, *Helping Children When a Family Member Has Cancer: Dealing With Diagnosis*. <https://www.cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer/dealing-with-diagnosis.html>



Self-Care Tips for Women with Breast Cancer

TAKE CARE OF YOUR HAIR

Each person is different. Some have hair loss. If the thought of losing your hair bothers you, perhaps choose to cut your hair very short or even shave your head before it starts falling out. Protect your scalp with (SPF) 30+ and a hat or scarf. If you think you might want a wig, talk with your cancer team or other patients for help. You can also call TLC at 1-800-850-9445, or visit <https://www.tlcdirect.org/>

After a mastectomy, many find it difficult to hold their arms up long enough to blow dry their hair. Treat yourself to a blowout every so often or get help from a home caregiver.

CONSIDER FINANCIAL AID

Cancer care and treatment can put a strain on your finances. If you're concerned about finances and feel you can't afford things like a cleaning service, hair care or other support, there are financial programs that might be available to you. Visit Cancer Care at <https://www.cancercare.org/helpinghand>



Domestic Violence Awareness Month

1 in 3 women and 1 in 10 men have been victims of domestic violence, regardless of age, economic status, race, ethnicity, or sexual orientation. The pandemic created lifestyle changes and challenges that easily lead to feeling frustrated and angry. When tempers boil over, tensions can quickly turn aggressive behaviors into physical harm.

- No one should have to live with the fear of harm in their home. -

Signs of domestic abuse aren't always obvious. Domestic abuse is about controlling someone's mind and emotions as much as physically hurting them. Some signs of abuse include if your partner:

- » Yells at you and makes you feel small
- » Threatens to kill you or someone close to you
- » Throws things, punches walls or strikes you when angry
- » Controls your money
- » Keeps you from working whatever job you want
- » Won't let you have money for basic needs like food and clothes
- » Cuts you off from family and friends
- » Embarrasses you in front of others, and it makes you want to avoid people

If you are concerned that you may be in an escalating or already violent situation or know someone that is—remember emergency assistance is available. These resources can help you better understand what is happening and what steps you can take to find a resolution without creating additional conflict.

DOMESTIC VIOLENCE HOTLINE

Call 800.799.7233 or text START to 88788

<https://www.thehotline.org/>

WARNING SIGNS

<https://www.womenshealth.gov/relationships-and-safety/signs-abuse/>

SAFETY PLAN

<https://www.thehotline.org/create-a-safety-plan>

HOW TO HELP

<https://www.womenshealth.gov/relationships-and-safety/get-help/how-help-friend>

VIDEO - WHAT IS INTIMATE PARTNER VIOLENCE?

<https://youtu.be/VuMCzU54334>

If you or a loved one would like more information about domestic violence and abuse, contact your employer's Employee Assistance Program (EAP) and/or primary care doctor.



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Don't miss our October webinar



World Mental Health Day

October 10, 2021

Today and every day, we are here to support our community to raise awareness about mental health and to remind everyone that you are not alone. Each year millions of Americans face the reality of living with a mental illness. The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.



Uprise Health is a proud to be affiliate member of the World Federation for Mental Health.
<https://wfmh.global/>

This Month's Featured Webinar

Beyond Blue: Understanding Mental Illness

Tue, Oct 12, 2021 12:00 PM - 1:00 PM PDT

One in four Americans will experience a mental illness in their lifetimes whether it be depression, anxiety, post-traumatic stress disorder or others. Most of those episodes occur during one's working life. It is imperative that every employee is aware of the risks and signs of the various mental illnesses, as well as coping strategies and pathways to support.

Register using the link below

<https://uprisehealth.com/october-webinar-2021/>

This Month's Featured Blog & Podcast

Adult Bullying

Strategies to help if you are being bullied.

Read Now:

<https://uprisehealth.com/resources/october-bullying-prevention-month>

Becoming a Leader Worth Following

Abraham Gin discusses how to be a consistent and impactful leader in all areas.

Listen Now:

<https://uprisehealth.com/resources/becoming-a-leader-worth-following-part-2>