uprisehealth

OCTOBER**NEWS**
2022

Empowering you with information for your emotional and physical wellbeing

Breast Cancer Awareness Month

CONTENTS

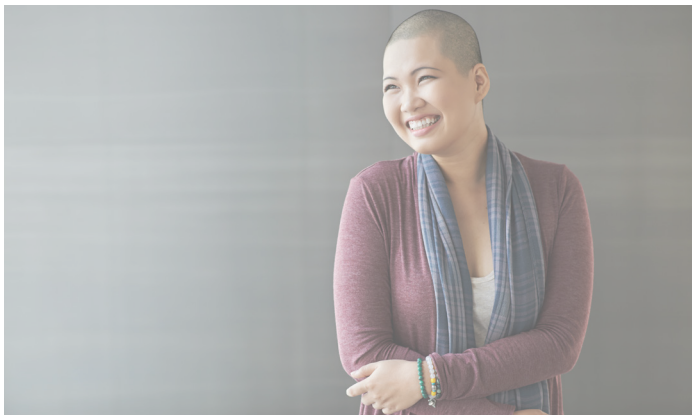
2 // Facts about Women's Health and Breast Cancer

3 // Proactively Supporting Your Mental Health

4 // Resources and Events

October is Breast Cancer Awareness Month

The annual focus began in 1985 in a collaborative effort between the American Cancer Society and AstraZeneca, known for anti-cancer medications. In the nearly 40 years since its inception, awareness of breast cancer symptoms has grown and thrived, helping more women take part in screenings and more monetary support for breast cancer research.



800.395.1616

https://link.uprisehealth.com/members

uprisehealth

Introducing Success Stories— Real People, Real Transformation

We want to hear and share stories from our members who have overcame personal struggles and shine a light on the steps you took to transform and empower positive change.

If you have a story you'd like to submit please email us at marketing@uprisehealth.com. You can choose to be anonymous. We look forward to hearing from you and sharing your stories to inspire others.

Facts about Women's Health and Breast Cancer

Heavy Annual Impact
In the US, more than 338,000 women (and men) will be diagnosed with breast cancer each year.

Cancer Risk Factor
Most cases pop up in a woman's mid-50s to early 60s, although 9% of cases occur in women 45 or younger.

Self-Exams are Encouraged
From a young age, women are encouraged to conduct breast self-exams to find lumps that can lead to early detection of breast cancer.

Early Detection Helps
Early detection is the best way to increase chance of survival. According to the American Cancer Society, when breast cancer is detected early, the 5-year relative survival rate is 99%.

Subtle Symptoms
Lumps are only one way to screen for breast cancer. Some subtle breast cancer symptoms include bloody discharge, nipple changes, swelling, texture changes, and lymph node swelling.

Read on for More Tips
If you want more information and tips about breast cancer screening, we have more for you to read on the Uprise Health blog: https://link.uprisehealth.com/bca

ADDITIONAL RESOURCES

Breast Self-Exam Information
https://link.uprisehealth.com/self-exam

Guidelines for Early Detection of Cancer
https://link.uprisehealth.com/early-detection

Breast Cancer Risk Assessment
https://link.uprisehealth.com/risk-assessment

How Breast Cancer Can Affect Mental Health
https://link.uprisehealth.com/mental-health

Working with a Mental Health Condition
https://link.uprisehealth.com/working-MHC

Healthy Living for Women
https://link.uprisehealth.com/healthy-living

uprisehealth

Proactively Supporting Your Mental Health

October 10th is World Mental Health Day! To celebrate we are spreading the word about proactive mental health care.

Historically, Americans approach health care reactively. Reactive health care focuses on treating a problem. That means a problem must develop before we address it. But health care can include multiple self-care activities intended to prevent problems from occurring.

Washing your hands is health care, so is taking appropriate vitamins, drinking water, eating healthy, and scheduling annual exams. All these activities are proactive health care. We can improve our health through lifestyle changes and avoid drastic intervention—which can be costly and painful. Although we might not always think of these things as health care, many of us understand and incorporate healthy lifestyle habits. But proactive mental health care is less understood and embraced.

In general, you can't prevent major mental health conditions. There is no lifestyle change that can prevent schizophrenia, bipolar disorder, or major depressive disorder. But there are a lot of proactive care that can help keep symptoms under control.

Additionally, proactive mental health care can prevent poor mental health outside of mental illnesses.

SELF-CARE PRACTICES

Proactive mental health care means incorporating intentional self-care activities. There are some universal self-care practices that have been shown to help pretty much everyone:

- Having a good sleep routine
- Limiting media intake and screen time
- Moving your body regularly
- Having a support system

There are also self-care practices that will be more personalized to your life. For example, having some sort of relaxation practice can help a lot! But that relaxation practice depends on what works for you—sitting in nature? Yoga? Deep breathing? Massages? There are multiple options! Managing stress is another critical and on-going practice to incorporate, and there are many ways to approach stress management. Practicing CBT-based exercises, practicing time management strategies, and having firm boundaries are all different ways to help manage stress.

Lastly, consider incorporating occasional coaching and counseling to review lifestyle skills and discuss minor problems before they reach a crisis level. Getting professional care helps make you stronger and healthier.

For more information on proactive care, check out this blog: **https://link.uprisehealth.com/proactive**

uprisehealth

Resources & Events

This Month's Personal Advantage Webinar

Managing Your Finances Paycheck to Paycheck

Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals, and then find the money to fund them.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month! This is an annual campaign to raise awareness about breast cancer and the people it impacts. People across the world work together to improve access to screenings, increase early detection, and help get effective care to people who need it.

Resources

National Breast Cancer Foundation (NBCF) Clinical Breast Exam Guide: https://link.uprisehealth.com/clinical-breast-exam

NBCF National Mammography Program
https://link.uprisehealth.com/national-mammogram-program

National Breast and Cervical Cancer Early Detection Program
https://link.uprisehealth.com/cancer-early-detection

National Cancer Institute Resources
https://link.uprisehealth.com/mammogram-fact-sheet

Cancer.org Cancer Information and Resources
https://link.uprisehealth.com/cancer