

OCTOBER 2022

# Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

## October is Breast Cancer Awareness Month



In 2022, it is estimated that 287,850 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 51,400 new cases of non-invasive (in situ) breast cancer. Additionally, about 2,710 new cases of invasive breast cancer are expected to be diagnosed in men in 2022.

This month, and every month, we take steps to spread awareness and provide resources to help individuals take the necessary precautions to detect cancer early.

Early detection can help prevent the spread of cancerous cells. It's important to have regular visits with your primary care professional to ensure your body and overall health are in proper shape. That said, because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts and to know the signs and symptoms.

Common symptoms of breast cancer include:

- A new lump or mass that is painless, hard, and irregular in shape
- Skin irritation or dimpling
- Breast or nipple pain
- Redness, scaliness, or thickening of the nipple, including discharge

Cont. Page 2

## About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the “Your Health Matters” monthly newsletters that will be distributed to all employees.

## Our Benefits Broker

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# Breast Cancer: Facts vs Fiction



## **Drinking milk (or dairy) causes breast cancer.**

*The Truth:*

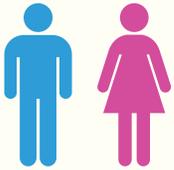
Several myths persist about the correlation between dairy intake and the increased risk of breast cancer. Over many decades, studies have shown that consumption does not increase the risk of breast cancer.



## **Finding a lump in your breast means you have breast cancer.**

*The Truth:*

Only a small percentage of breast lumps turn out to be cancer. Although, any noticeable, persistent lumps should always be observed by your physician. Clinical breast exams should be routine each year.



## **Men do not get breast cancer; it only affects women.**

*The Truth:*

Each year it is estimated that approx. 2,190 men will be diagnosed with breast cancer. While the percentage is still small, it is important for men to take the same precautions and periodically perform self-exams to treat any early forms of cancer.



## **If you have a family history of breast cancer, you are likely to develop breast cancer, too.**

*The Truth:*

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically, only 10% of individuals diagnosed with breast cancer have a family history of this disease.

## RECIPE OF THE MONTH

### ***Marshmallow Pumpkin Pie***

#### Ingredients

- 1 package (10 oz.) large marshmallows
- 1 cup canned pumpkin
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 2 cups whipped topping
- 1 graham cracker crust (9 in.)



#### Instructions

- In large saucepan, combine first six ingredients; cook and stir over medium heat 8-10 min. Remove from heat; cool.
- Fold in whipped topping. Spoon to crust. Refrigerate 3 hours or until set.