

1 Corinthians 6: 19, 20 "Honor God with your Body"

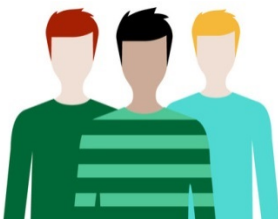


October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help! To learn more <http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

Breast cancer can't be prevented, but you can make important steps to help detect it earlier.

- ❖ Early warning signs of breast cancer may involve the discovery of a new lump or a change in the breast tissue or skin.
- ❖ Women should perform a self-breast exam each month and any changes or abnormalities should be discussed with a doctor or physician.
- ❖ Women 40 and older should have mammograms every 1 or 2 years.
- ❖ Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.
- ❖ Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.
- ❖ Leading a healthy lifestyle can help you reduce your risk factors for breast cancer and other illnesses.

Male Breast Cancer



All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer. Breast cancer in men is

usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

NEW UNITED HEALTH & WELLNESS BREAST CANCER AWARENESS EVENTS



SATURDAY, Oct. 19th PRAISE For The Cure Benefit Concert
@ Olivet Baptist Church 5:00 P.M.

PINK SUNDAY

SUNDAY, Oct. 20th – 9:45 AM

*****Don't Forget To Wear your PINK Attire!*****



FRIDAY, Oct. 25th, 4PM-8PM Memorial Mobile Health Coach
Call 423-495-4040 OR 866-591-2254 to schedule your mammogram.

OCTOBER IS ALSO DOMESTIC VIOLENCE AWARENESS MONTH



Don't Stay Silent! It's Time To Speak Up!

October is **National Domestic Violence Awareness Month**, which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country.

Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes -- it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use the silent treatment, or calling someone stupid so often they believe it.

Since the Violence Against Women Act passed in 1994, we've come a long way. This landmark legislation, led by then Senator Joe Biden, combined new provisions that hold offenders accountable and provide programs and services for victims. Between 1993 and 2010, the overall rate of domestic violence dropped nearly two-thirds and state laws have reformed to address issues such as dating abuse in the workplace, stalking, employment discrimination and more.

Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. Now is time to take a stand. Support survivors and speak out against domestic violence all month long.

Men Get Abused Too!



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THINGS TO KNOW

1 in 6 of the men you know are likely to have had a similar experience. That's 21 million men in the U.S.

A majority of men who have experienced abuse have **never told anyone.**

Getting help can lead to a **healthier happier life.**



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THINGS YOU CAN DO FOR YOURSELF TODAY

- 1 Inform yourself:**
Find resources and information at 1in6.org
- 2 Connect yourself:**
Find Support at 1in6.org/men/get-help/
- 3 Understand yourself:**
Find Answers at 1in6.org/men/common-questions/



If you need assistance or want to talk to someone about domestic violence, call **1-866-331-9474** to speak with a trained peer advocate.