

WELLNESS CONNECT

Breast Cancer Awareness

**Author: Katie Russell, Registered Dietitian
Health Coach with One to One Health**



Greetings HCS Employees,

October is Breast Cancer Awareness month! According to the American Cancer Society, breast cancer accounts for ~30% of all new female cancers and it is estimated that 43,250 people will die of breast cancer in 2022. Knowing the signs of breast cancer, being proactive about early screening and taking preventive measures are incredibly important to help you and the women in your life live their healthiest lives.

Breast Cancer Signs and Symptoms

Per the American Cancer Society, some signs of breast cancer include:

- A new lump or mass
- Swelling of all or part of the breast
- Skin dimpling
- Breast or nipple pain
- Breast tissue that is red, dry, flakey, or thick
- Swollen lymph nodes under the arm or near the collar bone

Early Screening

The American Cancer Society recommends:

- Women between the ages of 40-44 should have the option to get screened every year
- Women between the ages of 45-54 should get mammograms every year
- Women 55+ can have mammograms every other year.

In addition to these recommendations, regular clinical and self-breast exams are typically recommended. If you do not perform regular self-breast exams, just make sure you are familiar with how your breasts normally look and feel. Most women notice when something is wrong while bathing or changing their clothes.

To learn more about breast cancer screening, book an appointment with a health coach! To schedule, [email healthcoach@121.health](mailto:healthcoach@121.health).

Want to learn more? Read the full article [here](#) and learn more about breast cancer prevention.

HCS EdHealth & Wellness

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours (sick visits only):

Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours (sick visits only):

Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours (sick visits only):

Tues: 9am-11am

HCS Benefits Update!

HCS has expanded access to the clinics to all employees, including those who are not currently on HCS insurance plans.

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcdc@121.health

www.hcsedhealth.com