



OCTOBER 2025

National Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer among American women, behind skin cancer. The American Cancer Society estimates that 1 in 8 women will develop breast cancer during their lives. This disease can also affect men, although it’s considered rare.

October is Breast Cancer Awareness Month. It’s important to understand the disease and conduct monthly breast exams to check for symptoms like changes in breast size or shape, breast pain and breast lumps. While the median age at the time of breast cancer diagnosis is 62, new research revealed that the rate of breast cancer among women ages 40-49 is increasing. As such, the U.S. Preventive Services Task Force recommends that women start getting regular mammograms at age 40.

Reach out to us today for more resources for women’s health and breast cancer.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health Literacy Month National Breast Cancer Awareness Month National Bullying Prevention Month			National Domestic Violence Awareness Month National Down Syndrome Awareness Month Sudden Cardiac Arrest Awareness Month			
			1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11
12	13 Columbus Day Indigenous Peoples’ Day	14	15	16	17	18
19	20 Diwali	21	22	23	24	25
26	27	28	29	30	31 Halloween	

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