



BREAST CANCER AWARENESS MONTH HOW TO TAKE ACTION

With October being National Breast Cancer Awareness Month, I wanted to take some time to talk to you about the importance of getting a breast cancer screening. Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important.



According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women. This means about 1 in 8 women in the U.S. will get breast cancer at some point in their lives. However, if detected early, most women can survive breast cancer.

There are three types of breast cancer screening tests including mammography, breast MRI and clinical breast exam. Depending on your family history of breast cancer will determine which screening is best suited for you. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer and treatment options can be discussed.

Where can you go to get screened? We can perform the breast cancer screening right in the office. If you haven't yet scheduled your screening, please call our office at 816.319.0731 or text us via [Spruce](#) to schedule an appointment. I can determine which breast cancer screening test is right for you, and when you should get it.

WORLD MENTAL HEALTH
DAY

CLEAN HANDS PREVENT
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Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be early warning signs.

WARNING SIGNS

Call us at 816.319.0731 or text us via [Spruce](#) to schedule an appointment so we can help you cope with stress in your life, teach you skills to use daily, assess your overall health and provide resources or referrals as needed.



Getting your annual flu shot only reduces the risk of contracting the flu virus, but there are other ways we can avoid getting the flu and spreading it. High at the top of the list is regular handwashing with soap. For that reason, Global Handwashing Day is a great reminder for us all to practice good hand hygiene to prevent the spread of diseases and save lives.

Haven't scheduled your flu shot appointment, yet? Call the office at 816.319.0731 or reach out via [Spruce](#).

FOOD ALLERGIES? FIND THE HOUSES WITH TEAL PUMPKINS THIS HALLOWEEN

Halloween can be a tricky time for families managing food allergies. Even tiny amounts of allergens can cause serious, if not life-threatening, reactions in those affected by food allergies. This Halloween, teal pumpkins are making trick-or-treating safer for all kids



The Teal Pumpkin Project is an effort by the Food Allergy Research & Education (FARE) organization to raise awareness and carve out safe, identifiable places for children to pick up trick-or-treat treasures like bouncy balls and spider rings that won't trigger their allergies.

Participating is easy! Here's how:

- Paint or buy a teal pumpkin-- the color of food allergy awareness—and put it where trick-or-

treaters can see it

- Get some non-food treats
- If you choose to give out candy, too, put it in a separate bowl. Offer both options to all trick-or-treaters

Finding a unique treat at your house will be a fun surprise for kids and it won't go bad either. For suggestions on non-food treats, use the link below.

NON-FOOD TREATS



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