

# OCTOBER NEWS 2021

Empowering you with information for your emotional and physical wellbeing

## Breast Cancer Awareness Month

### CONTENTS

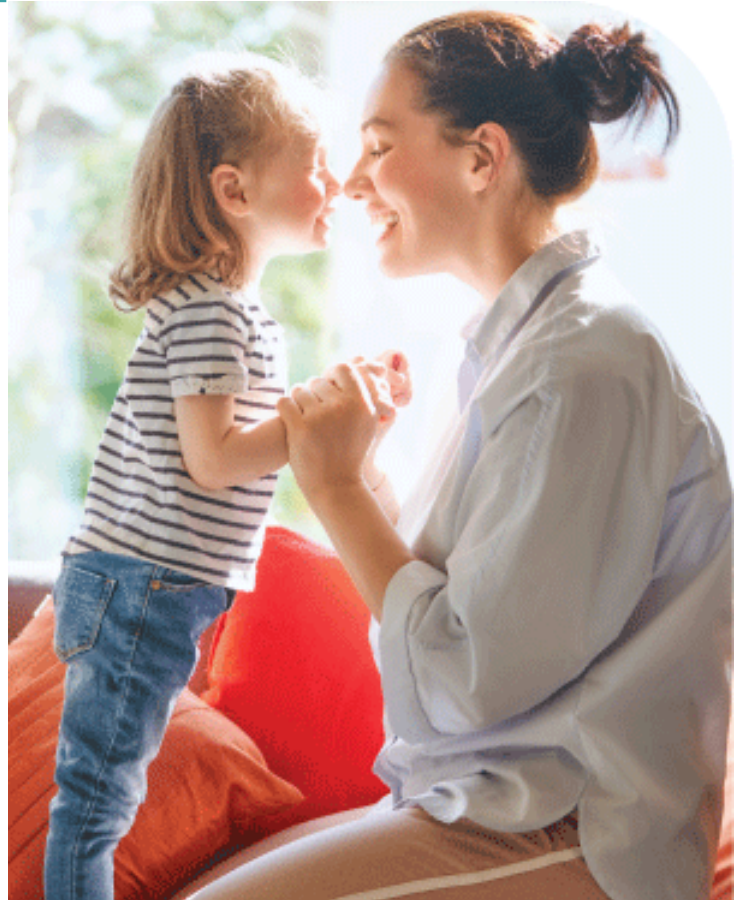
- 2 // Breast Cancer Awareness Month
- 3 // Telling Others About Your Breast Cancer
- 4 // Domestic Violence Awareness Month

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**Breast cancer is the most common cancer among women in the United States. Every 2 minutes, a woman is diagnosed with breast cancer.**

The COVID-19 pandemic has affected screening, diagnosis, treatment, and follow-up care for breast cancer. A sudden decrease in the use of cancer screening tests meant that some early-stage cancers may have gone undetected. Patients need to get back to receiving age and risk-appropriate breast cancer screening tests.

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# Breast Cancer Awareness Month



The most common risk factor for breast cancer is being a woman. Women develop breast cancer at much higher rates than men. Less than 1% of all new breast cancer cases happen in men.



Breast cancer risk increases as we get older. 1 out of 8 aggressive breast cancers develop in women younger than 45. About 2 out of 3 aggressive breast cancers are found in women 55 or older.



Family history matters and can impact your risk of developing breast cancer. Your risk is doubled if you have a sister, mother, or daughter with breast cancer. Your risk is 5 times higher if two of them develop breast cancer.



Frequent breast cancer screenings reduce risk of death from breast cancer. Screening includes a monthly breast self-exam, a yearly breast exam by your doctor, and a mammogram every year starting at age 40 or younger with a family history.



There is a link between hormone replacement therapy and breast cancer. Using hormone therapy after menopause can increase your risk of breast cancer. Talk to your doctor about non-hormonal menopause options.



Combination treatments can provide patients with the best outcomes. There are many treatment options, and most include a combination of surgery, radiation, hormone therapy, chemotherapy, and targeted therapies.

## Reducing Your Risk

### WATCH YOUR WEIGHT

*Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.*

### MOVE TO IMPROVE

*Be physically active. Aim for at least 20 minutes a day of moderate activity or 10 minutes of vigorous activity daily.*

### THINK BEFORE YOU DRINK

*The more alcohol you drink, the greater your risk. Limit yourself to less than one drink a day, as even small amounts increase risk.*

### INCLUDE GOOD FOOD

*A diet that is high in vegetables, fruit, and calcium-rich dairy products, but low in red and processed meats might help lower the risk of breast cancer.*

### BREASTFEED FOR BREAST HEALTH

*Women who choose to breastfeed for at least several months may also get an added benefit of reducing their breast cancer risk.*

### BUST MYTHBUSTERS

*Finding a lump in your breast does not mean you have breast cancer. Only a small percentage turn out to be cancer. If do you notice a lump or breast tissue change, contact your doctor.*

## Telling Others About Your Breast Cancer

### How Do You Feel About It

You most likely will have many different emotions as you learn more about your diagnosis and begin to learn about treatment options. It's normal to wonder, "Why me?" or to feel sad, angry, or afraid. Physical and chemical changes from the treatment or the cancer itself can also affect your emotions. The first step is to admit to yourself how you feel. It's OK to let yourself feel the way you do.

### Getting Ready to Talk to Others

Only you can decide when to tell your friends and family you have cancer. It may be even more important for single people without supportive family members nearby to let close friends know what's happening. Think ahead so you can tell them what they can do when they ask how they can help – people who live alone often have a few extra needs compared to those who live with others.

### How to Talk to Others About Your Cancer

In general, tell the people close to you how you're feeling. This is sometimes hard to do, but it's healthy to let others know about your sadness, anxiety, anger, or other emotional distress. If you don't feel comfortable doing this, you may want to find a support group or a mental health counselor to help you. If you have an employee assistance program, contact them. Others prefer workshops, peer groups, or religious support.

### Deciding Who to Tell

It could be helpful to start by making a list of people that you want to talk to. People usually tell their spouse or partner first, then other family and close friends. It's also important to tell your children, which might require more preparation depending on their ages. Learn more by reading, *Helping Children When a Family Member Has Cancer: Dealing With Diagnosis*. <https://www.cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer/dealing-with-diagnosis.html>



## Self-Care Tips for Women with Breast Cancer

### TAKE CARE OF YOUR HAIR

*Each person is different. Some have hair loss. If the thought of losing your hair bothers you, perhaps choose to cut your hair very short or even shave your head before it starts falling out. Protect your scalp with (SPF) 30+ and a hat or scarf. If you think you might want a wig, talk with your cancer team or other patients for help. You can also call TLC at 1-800-850-9445, or visit <https://www.tlcdirect.org/>*

*After a mastectomy, many find it difficult to hold their arms up long enough to blow dry their hair. Treat yourself to a blowout every so often or get help from a home caregiver.*

### CONSIDER FINANCIAL AID

*Cancer care and treatment can put a strain on your finances. If you're concerned about finances and feel you can't afford things like a cleaning service, hair care or other support, there are financial programs that might be available to you. Visit Cancer Care at <https://www.cancercare.org/helpinghand>*



## Domestic Violence Awareness Month

1 in 3 women and 1 in 10 men have been victims of domestic violence, regardless of age, economic status, race, ethnicity, or sexual orientation. The pandemic created lifestyle changes and challenges that easily lead to feeling frustrated and angry. When tempers boil over, tensions can quickly turn aggressive behaviors into physical harm.

***- No one should have to live with the fear of harm in their home. -***

Signs of domestic abuse aren't always obvious. Domestic abuse is about controlling someone's mind and emotions as much as physically hurting them. Some signs of abuse include if your partner:

- » Yells at you and makes you feel small
- » Threatens to kill you or someone close to you
- » Throws things, punches walls or strikes you when angry
- » Controls your money
- » Keeps you from working whatever job you want
- » Won't let you have money for basic needs like food and clothes
- » Cuts you off from family and friends
- » Embarrasses you in front of others, and it makes you want to avoid people

If you are concerned that you may be in an escalating or already violent situation or know someone that is—remember emergency assistance is available. These resources can help you better understand what is happening and what steps you can take to find a resolution without creating additional conflict.

### DOMESTIC VIOLENCE HOTLINE

Call 800.799.7233 or text START to 88788  
<https://www.thehotline.org/>

### WARNING SIGNS

<https://www.womenshealth.gov/relationships-and-safety/signs-abuse/>

### SAFETY PLAN

<https://www.thehotline.org/create-a-safety-plan>

### HOW TO HELP

<https://www.womenshealth.gov/relationships-and-safety/get-help/how-help-friend>

### VIDEO - WHAT IS INTIMATE PARTNER VIOLENCE?

<https://youtu.be/VuMCzU54334>

If you or a loved one would like more information about domestic violence and abuse, contact your employer's Employee Assistance Program (EAP) and/or primary care doctor.

**800.386.7055**

<https://www.ibhworklife.com/>

## Don't miss our October webinar



### *This Month's Featured Webinar*

## **Building Effective Teams in the Digital Workplace**

**Presented by Kathy Kacher**

Today's team doesn't always work in the same office or even the same country. This session provides interactive activities that will show participants how to keep flexible and remote employees engaged and productive by leveraging technology, improving communication and implementing accountability.

**Log-in any time this month to ask the expert questions:** <https://www.ibhworklife.com>

## **World Mental Health Day**

**October 10, 2021**

Today and every day, we are here to support our community to raise awareness about mental health and to remind everyone that you are not alone. Each year millions of Americans face the reality of living with a mental illness. The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.



IBH is proud to be an affiliate member of the World Federation for Mental Health <https://wfmh.global/>

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