



October 2016



BREAST CANCER AWARENESS MONTH:

Breast cancer is the most common cancer among women in the United States (other than skin cancer). But millions of women are surviving the disease thanks in part to early detection and improvements in treatment. According to the National Breast Cancer Foundation, "October Breast Cancer Awareness Month 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."

Early Detection:

- Identifying Symptoms and Signs: discovery of a new lump or change in breast tissue or skin.
- Performing a Breast Self-Exam: this should be performed each month at home.
- Clinical Breast Exam: an exam where a healthcare professional will check for lumps or other physical changes in the breast.

For more information go to: <http://www.nationalbreastcancer.org/early-detection-of-breast-cancer>

ASSOCIATE HIGHLIGHTS:

On January, 27 2011 Chastity Smith was diagnosed with Breast Cancer stage 2. Her doctor determined her growth was localized and with treatment, her prognosis would be very good to overcome the condition. Chastity underwent 5 months of chemotherapy, multiple procedures and prescribed many medications to counter the side effects of the treatment. As Chastity was battling cancer, she didn't focus on having cancer but instead focused getting better and helping other people along the way. After the 5 months of treatment, Chastity was declared cancer free and then embarked on a mission of advocacy and awareness for Breast Cancer. June 27, 2016 marked 5 years cancer free!

Volunteerism:

Chastity volunteers her spare time at the Jupiter Medical Center by sharing her story on their website and being an encouraging guest speaker to other newly diagnosed women battling the same fight Chastity won. She also participates in the Making Strides Against Breast Cancer Walk which raises money towards the American Cancer Society and Breast cancer research. She uses her experience with Breast Cancer to inspire others to take preventative measures and the importance of getting mammograms. The Wellness Committee greatly appreciates her contributions.



PREMIER EYE CARE-
Making Strides Against
Breast Cancer.
Making Strides of South Palm Beach

UPCOMING WELLNESS HIGHLIGHTS:

Blood Drive – Premier will be hosting another blood drive here at Premier Eye Care on October 6, 2016 to help out our local community hospitals with blood supply. Before donating, each person will receive a wellness check-up which will include: Blood Pressure, Temperature, Iron Count, Pulse and Cholesterol screening.

Making Strides Against Breast Cancer – Premier will be participating in the Making Strides Against Breast Cancer 5k walk on **Saturday, October 22nd 2016**. By participating in the 5k walk, you will be bringing awareness and raise critical funds that enable the American Cancer Society to fund innovative research; provide free, information and support to anyone touched by breast cancer; and help people reduce their breast cancer risk or find it early when it's most treatable. A separate email will be sent with additional details.

ABOUT PREMIER EYE CARE:

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.