



October 2019



## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization. Thankfully, in recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.



Please join us and wear pink on Friday, October 25<sup>th</sup>.



## MAKING STRIDES FOR BREAST CANCER

Sunday, October 27, 2019. Premier's Wellness Committee is participating in the Making Strides against Breast Cancer 5K Walk. The Walk is Family Friendly and is taking place atn FAU's main campus. If you wish to donate or join the team, contact Wellness or go to:

[https://secure.acsevents.org/site/STR?pg=entry&fr\\_id=94487](https://secure.acsevents.org/site/STR?pg=entry&fr_id=94487). When you register or donate, please choose Team Premier Eye Care. Registering for the race is free. You don't have to collect donations if you don't want to. Just come and help Premier show support.



## MOVEMBER AND PALM BEACHES MARATHON



Coming up in November... Movember! Movember (a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November"), is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. By encouraging men (whom the charity refers to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.



Premier will be providing mustaches to anyone who doesn't grow one! If you want to grow one, it will start on November 1<sup>st</sup> and has until the end of the month to fill out. Donations can be made to

<https://us.movember.com/donate>.



The **FITTEAM Palm Beaches Marathon** presented by Jupiter Medical Center is a weekend long event consisting of a Marathon, Half marathon, Marathon Relay, 10K, and a 5K. The races all start and finish near the Meyer Ampitheatre on Flagler Drive in West Palm Beach. Race weekend is **December 6-8, 2019** with the **Bill Bone 5K Glow Run** and **10K** on Friday night, expo throughout the weekend, and **Marathon, Half Marathon, and Marathon Relay** on Sunday morning. This will be a Premier-sponsored event. Contact Wellness if you are interested in doing the 5k or 10k on the Friday night or want to form a relay team for the full or half marathon.

Register at: <https://www.fitteampalmbeachesmarathon.com/>

## ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

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.

