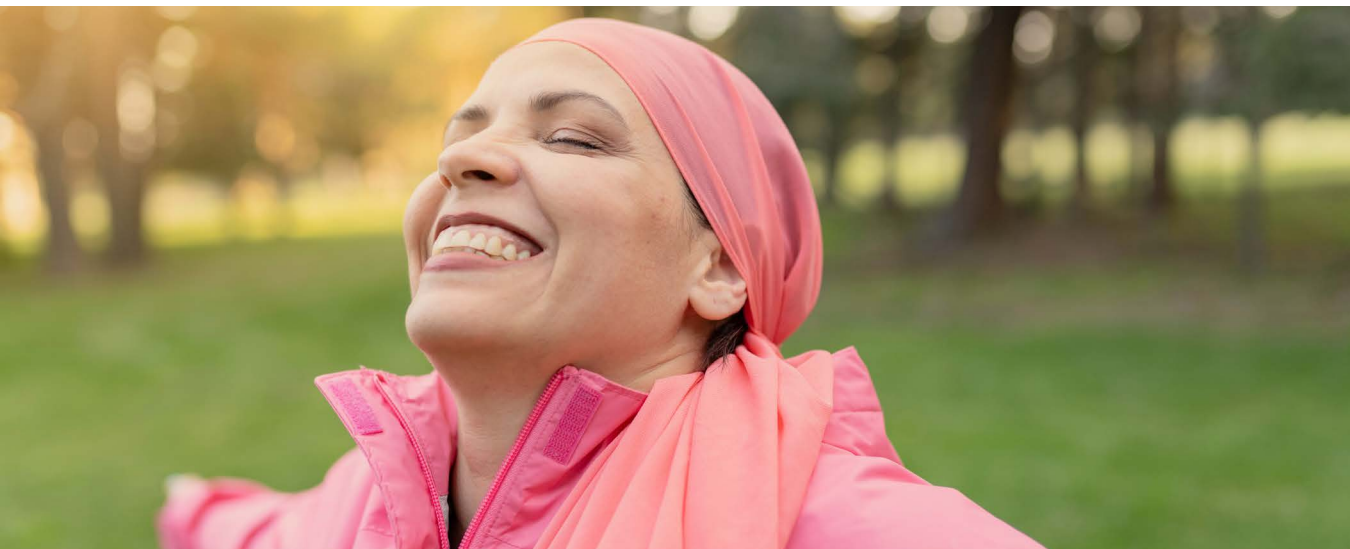


MONTHLY WELL-BEING NEWSLETTER: BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, and it’s a good time to pause and act. Let’s talk about why screening matters.



Whether you’ve faced breast cancer concerns directly, supported someone going through it, or want to stay informed, we’re committed to fostering a culture of health and awareness.

Join Us for a Free Webinar: Get Screened, Detect Early, Save Lives — Breast Cancer Prevention

Hunter Dain serves as the Senior Community Health Education Program Specialist at Moffitt Cancer Center within the Office of Community Outreach and Engagement. In this role, Hunter develops and delivers evidence-based cancer education programming throughout the Tampa Bay region, partnering with community organizations to expand access to cancer prevention, screening, and early detection resources. Her work centers on reducing cancer disparities and ensuring that all communities have the knowledge and tools to take charge of their health.

WHEN

Oct. 14, 1:00 PM CT

WHERE

Online. [Register here.](#)

Why Screening Saves Lives

Regular mammograms help detect breast cancer early, when it’s smaller and less likely to have spread. Early detection often means less aggressive treatment and better outcomes. Watch this [short video](#) for important screening information, or learn more from the [American Cancer Society](#) screening recommendations.

Screening Guidelines: Average Risk

You’re considered average risk if you don’t have a personal history of breast cancer, a strong family history of the disease, a genetic mutation that increases risk (like the BRCA gene), or chest radiation therapy before age 30.

- + **Women between 40 and 44** can choose to start annual mammograms.
- + **Women aged 45 to 54** should have a mammogram every year.
- + **Women 55 and older** can switch to mammograms every other year, or continue with annual screenings. Continue screening as long as you’re in good health with at least 10 years of expected life.

All women should understand what mammograms can and cannot detect.



Screening Guidelines: High Risk

Women at high risk for [breast cancer](#) should get both a breast MRI and a mammogram every year, typically starting at age 30. You may be at high risk if you:

- + Have a known [BRCA1 or BRCA2 gene mutation](#) based on [genetic testing](#).
- + Have a parent, sibling, or child with a BRCA1 or BRCA2 gene mutation, but haven’t been tested yourself.
- + Had radiation therapy to the chest before age 30
- + Have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have immediate family members with one of these syndromes