



This month we want to bring attention and awareness to two commonly diagnosed conditions: Diabetes and Breast Cancer.

According to the American Cancer Society “breast cancer is the most common cancer in women in the United States, except for skin cancers. It is about **30%** or **1 in 3** of all new female cancers each year.” Though there is not a sure way to prevent breast cancer, there are ways to reduce your risk. These include maintaining a healthy weight, increasing physical activity, and reducing alcohol consumption.

According to the CDC “**37.3 million** people live with diabetes, **11.3%** of the US population.

- Diagnosed: 28.7 million people
- Undiagnosed: 8.5 million people (23.0% of adults are undiagnosed)”

Some factors increase your risk for diabetes including weight, family history, high blood pressure, previous diagnosis of gestational diabetes.

Take action!

You can reduce your risk for both breast cancer and diabetes by adopting some of these healthy habits :

- Make healthy food choices by reducing processed foods and increasing fresh foods
- Maintain a health weight
- Get regular exercise by finding opportunities to walk around your workplace, take a walk during breaktime, or before or after work on a nice day, or take the stairs.

Additional Resources

American Diabetes Association

- <https://diabetes.org/>

CDC -Diabetes Education and Support

- <https://www.cdc.gov/diabetes/managing/education.html>

Diabetes Tools and Resources - AHA

- <https://www.heart.org/en/health-topics/diabetes/diabetes-tools-resources>

CDC - Breast Cancer

- <https://www.cdc.gov/cancer/breast/index.htm>

Susan G. Komen

- <https://www.komen.org/support-resources/tools/>

American Cancer Society

- <https://www.cancer.org/support-programs-and-services.html>

Office of Women's Health

- <https://www.womenshealth.gov/>

FEATURED ACTIVITY

For this month's activity, either view the video on Breast Cancer Awareness **or** Diabetes Awareness and fill out the Teams Response form.

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

Activity Video Links

Breast Cancer Awareness



<https://bewell.cretex.com/bc2023>

Diabetes Awareness



<https://bewell.cretex.com/diabetes23>

Response Form



<https://bewell.cretex.com/1023>