

# National Breast Cancer Awareness Month



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October is National Breast Cancer Awareness Month. Early detection and awareness is the best defense against breast cancer, so it is very important to follow the recommended screening guidelines for self-exams, clinic visits, and mammograms.

Talk to your doctor about when you should start and how often you should schedule a mammogram.

For more health and wellness information, visit [bsneny.com/healthandwellness](https://bsneny.com/healthandwellness).

