

# Women's Health

## Breast Health Essentials: What Every Woman Should Know

### Start Early:

Begin mammograms at 40 if you're at average risk.



### Early Detection Saves Lives:

The 5-year survival rate is 99% when breast cancer is caught early.

### Be Proactive



Perform monthly self-breast exams.



Schedule regular mammograms.



Don't skip your annual check-ups.

### Know the Signs:

- ✿ Breast lumps
- ✿ Persistent pain
- ✿ Unusual nipple discharge
- ✿ Skin changes on the breast

### Lifestyle Matters:

- ✿ Limit alcohol consumption
- ✿ Exercise regularly
- ✿ Prioritize quality sleep

Book an [appointment](#) with our Nurse Practitioners to discuss your personalized breast health plan.

**Remember: Early detection and a healthy lifestyle are your best defenses. Our team is here to support you every step of the way.**



### Mark Your Calendar:

#### Mobile Mammogram Event - 11/14/2024 8:45am-3:15pm

Mt. Sinai's mobile mammography comes to Millennium Wellness Center

- Convenient, on-site 3D mammography.
- Quick appointments that fit your busy schedule.
- A comfortable, private screening experience.



To book your appointment, call Philice Printz at:  
Direct Extension x4200 or 929-813-3800

## Upcoming Event

### Empowering Your Health

Get ready for a season of health & wellness! Join us for these informative events and health initiatives:

#### Flu Shot Appointments



Missed the Flu Shot Clinic? Don't worry! Appointments are still available. Click [here](#) to schedule your flu shot.

#### COVID-19 Vaccine Appointments



Moderna and Pfizer Omicron KP.2 vaccines now available at our Millennium Wellness Center. Click [here](#) to schedule!

#### MWC Table at MLP Health & Benefits Fair



Date: October 16, 2024  
Visit our table for swag giveaways and the chance to sign up for all upcoming events!

#### Women's Health Lunch and Learn



Date: October 24th, 2024  
Topic: Diet & Nutrition Lifestyle for Overall Women's Health.  
Click [here](#) to secure your spot today!

**But wait, there's more! As the leaves change, so do our offerings. No man should miss these two events!**

#### Men's Health Lunch and Learn

Date: November 6th, 2024  
Click [here](#) to sign-up!



#### Free PSA Blood Test Screening

Date: November 19th, 2024



To book your free PSA Blood Test screening, call Philice Printz at: Direct Extension x4200 or 929-813-3800

## A Word From Our HSS Affiliate

### Proper Running Form for Every Part of the Body

Improve your running game! Discover expert tips for mastering proper running form from HSS. Whether you're a seasoned runner or just getting started, this guide will help you run more efficiently and prevent injuries.

Click [here](#) to learn more and keep your stride strong!

## Rehab Corner

### Squat Jumps

Are you ready to supercharge your fitness routine? Look no further than the squat jump, your ticket to:

- Building explosive strength
- Enhancing overall balance
- Boosting athletic performance

Click [here](#) for our exclusive step-by-step guide!