

October 2021

#BreastCancerAwarenessMonth

BreastScreen Victoria

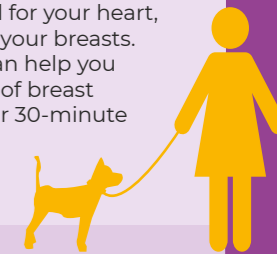
It's Breast Cancer Awareness Month!

Check out links and resources at www.breastscreen.org.au/breast-cancer-awareness-month

FRIDAY

SATURDAY

SUNDAY



01

To celebrate Breast Cancer Awareness Month, we'll be sharing vital information and steps you can take to learn more about breast cancer and inspire you to live your breast life. We hope you'll enjoy our daily posts to mark this special month.

02

1 in 7 women will unfortunately be diagnosed with breast cancer. It is the most common cancer in women in Australia. Find out more [about breast cancer](#).

03

Take a step towards good health. Stepping out on a 30-minute walk each day is good for your heart, your bones, and your breasts. Staying active can help you reduce your risk of breast cancer. Take your 30-minute walk today.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

04

Start the week right! A healthy diet will help reduce your risk of cancer. So, opt for a healthy meal tonight. Cook your favourite recipe that is full of goodness.



05

Did you know that most people with a disability can have a breast screen? Share this video to help raise awareness on [screening with a disability](#).



06

Never had a breast screen? Learn about what to expect at BreastScreen Victoria. This animated video explains [how to make a breast screening appointment](#), what happens during a breast screen, and receiving your results.

Please note: Due to the nature of breast screening, this video contains animated nudity.

07

Early detection saves lives. If you're between 50 and 74, a breast screen every two years is an important way to look after your health.

Book your free breast screen appointment
[online](#)
or by calling 13 20 50

08

Friendships enrich our lives and improve our health. One of the most important things we can do is check on our friends. Call a friend and let them know you care.



09

Drink! More water that is. Alcohol increases your risk of developing breast cancer. So, this weekend, how about swapping your glass of wine for water instead?



10

Today is World Mental Health Day. Your mental health matters. Carve away a bit of time that is all about you. Read a book, go for a long walk, meditate or watch your favourite TV show. If you need help, reach out for support.



11

Are you working online? Here's a Breast Cancer Awareness Month [Zoom background](#) that you can use to spread awareness.



12

Did you know that women from culturally and linguistically diverse backgrounds screen for breast cancer less often than the general population? Encourage someone you know to check their eligibility and book a breast screen.



13

Has someone you love been diagnosed with breast cancer? It can be hard knowing what to say or do. [Read some advice](#) from our friends at BCNA.



14

Have you or someone you know been affected by breast cancer? Share your story today and help raise awareness about breast cancer.



15

Today is International Day of Rural Women, a day to recognise the crucial role women and girls play in rural communities. Rural women can experience a lack of access to healthcare. That's why our [mobile screening van](#) travels across the state to ensure that rural and regional women have access to breast screening.

16

Many of us enjoy a drink, but did you know that the more alcohol you consume, the greater your risk of developing breast cancer? Share this article from our friends at [Jean Hailes](#) to raise awareness about the link between alcohol and breast cancer.

17

Are you getting enough sleep? Sleep is essential for our physical and mental health. Here are some [great tips on how to sleep better](#).



18

Mondays can be stressful. Practising gratitude improves your mental well-being and can help you feel better. What are you grateful for today?



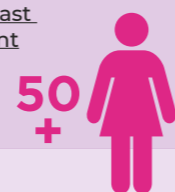
19

Did you know members of the LGBT+ community can be more than twice as likely not to have had a breast screen? Encourage someone you know to check their eligibility and book a breast screen.



20

More than 75% of women diagnosed with breast cancer are over 50, that's why it's so important for women aged 50-74 to have a breast screen every two years. [Book your free breast screen appointment](#) online or by calling 13 20 50.



21

9 in 10 women diagnosed with breast cancer do not have a family history of the disease. Visit our website to [learn more about family history](#) and the risk of breast cancer.



22

The weekend is here! Relax and unwind with a feelgood flick tonight. What's your favourite feelgood movie?



23

Smoking is associated with an increased risk of breast cancer. Quitting is one of the best things you can do for your overall health. Click here to [find out more about how to quit smoking](#).



24

Eat the rainbow today. Fill your plate with colourful fruits and veggies and give your body the nutrients it needs to help ward off disease.



25

During busy times, more than usual, we need to fuel our bodies. Eating a nutritious breakfast in the morning will get you started on the right foot each day. Click here for [some healthy breakfast ideas](#).



26

Did you know that Aboriginal and Torres Strait Islander women screen for breast cancer less often than the general population? [Share our poster](#) and help spread the word about the importance of breast screening.



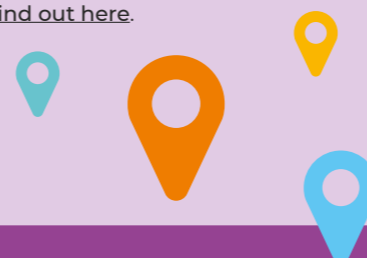
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The best way to help yourself and your loved ones is to screen for common cancers, including breast, bowel and cervical cancer. Early detection saves lives. Help save lives. Ask your loved ones to #ScreenForMe.



28

Do you know where your nearest BreastScreen clinic is? [Find out here](#).



29

Have you had a good look at your breasts lately? As well as having your regular breast screen every two years, it is important to be breast aware. Get to know the normal look and feel of your breasts.



30

Breast Cancer Awareness Month is almost over, but you have all year to work on making healthy lifestyle choices to help reduce your risk of getting breast cancer. Click here to [learn more about risk factors and what you can do](#).

31

Thank you for joining us during Breast Cancer Awareness Month. October may be coming to an end, but cancer never takes a holiday. Keep on looking after yourself, and have a happy and safe Halloween.

