

# BREAST CANCER



Treatments keep getting better, and we know more than ever about ways to prevent the disease. These simple steps can help lower the risk of breast cancer. Not everyone applies to every woman, but they can have a big impact.

Breastfeed Breastfeeding for a total of one year or more (combined for all children) lowers the risk of breast cancer. Keep weight in check It's easy to ignore because it gets said so often, but maintaining a healthy weight is important for everyone. Being overweight can increase the risk of many different cancers, including breast cancer, especially after menopause. Eat Your Fruits & Vegetables – and Limit Alcohol (zero is best), avoid Birth Control Pills, particularly after age 35.

## BREAST CANCER IN U.S

# 33%

1-3 Women will suffer from breast cancer.

# 300k

New cases of invasive breast cancer will be diagnosed in women.

# 47k

Women will die from breast cancer.

## MENTAL HEALTH ISSUES

### EARLY WARNING SIGNS & SYMPTOMS

- Eating or sleeping too much or too little.
- Pulling away from people and usual activities.
- Having low or no energy Feeling numb or like nothing matters.
- Feeling helpless or hopeless.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Experiencing severe mood swings that cause problems in relationships .

Calm




## FEATURED PRODUCTS

**Calm is the #1 app for sleep and meditation. Discover a happier, healthier you through our meditations, Sleep Stories, music, and more. Calm is for anyone, whether you're brand new to meditation or a seasoned expert.**

We work in a distracting world. On top of everyday distractions in our personal lives, most of us spend more time on our devices than we would care to admit. Plus, interruptions at work can add to the distractions we're already trying to manage as we try to get work done. Strengthening your ability to focus, no matter what's pulling your attention away from the task at hand, is a powerful tool in our mental health toolkit.

Calm has a library full of resources for you to get into the zone and build the mental resilience to perform your best at work. If you're feeling distracted right now, why not try one of these resources below today. **Use the meditation series to develop a practice that will help you reduce mind-wandering, stay present, and overcome distraction, block out distractions with this full of soothing ambient music, or try the playlist with more upbeat, energetic track.**

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