

Breast Cancer Awareness Month

Early detection can help save lives

Monthly well-being tip

Breast cancer is one of the most common cancers affecting women in the U.S.* While it can feel overwhelming, there is encouraging news: When breast cancer is found early, treatment is often more effective and outcomes are significantly improved.

Taking proactive steps — such as understanding your personal risk, recognizing symptoms and staying up to date with screenings — can make a meaningful difference in your health journey.

Well-being fun fact*

Why does early detection matter? Breast cancer screenings can help identify cancer before symptoms appear, when it is typically easier to treat. Mammograms, which are specialized X-rays of the breast, are considered the most effective tool for detecting breast cancer early.

Regular screening can:

- Detect cancer before it can be felt or cause symptoms
- Support earlier, more effective treatment
- Help lower the risk of death from breast cancer

What you should know

Recommended screening guidelines*

The U.S. Preventive Services Task Force (USPSTF) recommends:

- Women ages 40 through 74: should get a mammogram every two years.
- Talk with your health care provider about your personal risk and when to begin screening.
- Different recommendations may apply if you have higher risk (such as family history or genetic factors).

Your health care provider can help you choose the screening schedule that's right for you.

WELLNESS OBSERVANCES*

- Breast Cancer Awareness Month
- Menopause Awareness Month
- National Chiropractic Health Month
- Health Literacy Month
- National Domestic Violence Awareness Month
- National Depression and Mental Health Screening Month

IN-SEASON PRODUCE*

- Pears support digestion.
- Artichokes support digestion.
- Beets support cardiovascular health.
- Broccoli supports immunity.
- Pumpkin supports vision.

*FOR MONTHLY WELL-BEING TIP SOURCE: Centers for Disease Control and Prevention. [Screening for breast cancer](#). September 16, 2024. Accessed July 16, 2026.

*FOR WELL-BEING FUN FACT SOURCE: Centers for Disease Control and Prevention. [Screening for breast cancer](#). September 16, 2024. Accessed July 16, 2026.

*FOR SCREENING GUIDELINES SOURCE: Centers for Disease Control and Prevention. [Screening for breast cancer](#). September 16, 2024. Accessed July 16, 2026.

*FOR WELLNESS OBSERVANCES SOURCE: Society for Public Health Education. [National health observances](#). Accessed July 16, 2026.

*FOR IN-SEASON PRODUCE SOURCE: Bailey MM. [What's in season: October produce guide](#). Center for Science in Public Interest. September 30, 2024. Accessed July 16, 2026.

October

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What you should know (continued)

Know the signs and symptoms. Some people with breast cancer have no symptoms. This is why screening is so important. It is also important to be familiar with how your body normally looks and feels. Contact your doctor if you notice:

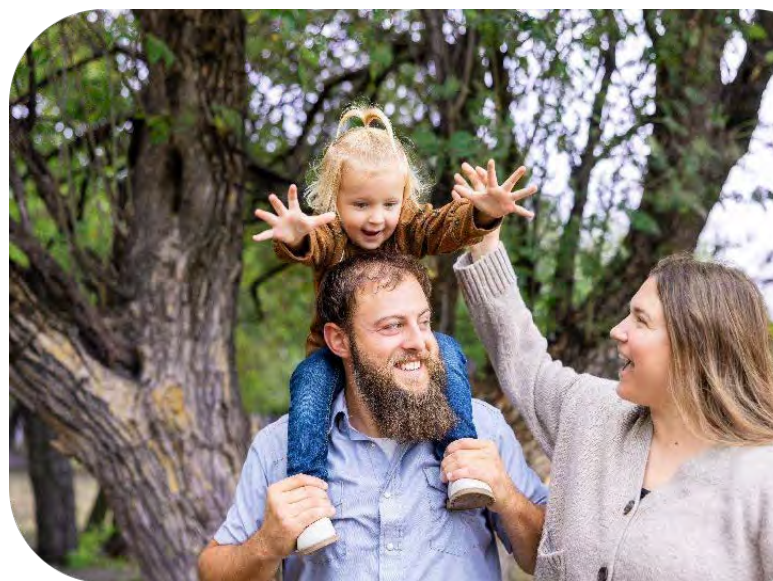
- A new lump in the breast or underarm
- Changes in breast size or shape
- Pain in any area of the breast
- Nipple discharge (including blood)

Early conversations may lead to earlier answers.*

Understanding risk factors. Several factors can impact breast cancer risk. Some cannot be changed, including:

- Age (risk increases as you get older)
- Family history or inherited gene changes (such as BRCA1 or BRCA2)

However, there are lifestyle changes that can help reduce risk.*



Steps to help lower your risk. While no strategy guarantees prevention, healthy lifestyle choices can make a difference. You can help lower your risk by:

- Maintaining a healthy weight for your height
- Staying physically active
- Limiting or avoiding alcohol
- Speaking with your doctor about hormone therapies
- Breastfeeding if possible

These habits support not just cancer prevention, but overall health and well-being.

Take action: Stay on top of your health. Breast cancer awareness is about more than information. It's about action.

- Schedule your routine screenings
- Talk openly with your provider about your risk
- Pay attention to changes in your body
- Encourage loved ones to do the same

Small, consistent steps can have a lasting impact on your health.*



*FOR KNOWING THE SIGNS AND SYMPTOMS SOURCE: Centers for Disease Control and Prevention. [Risk factors for early breast cancer](#). July 30, 2025. Accessed July 16, 2026.

*FOR UNDERSTANDING RISK FACTORS SOURCE: Centers for Disease Control and Prevention. [Risk factors for early breast cancer](#). July 30, 2025. Accessed July 16, 2026.

*FOR STEPS TO HELP LOWER YOUR RISK SOURCE: Centers for Disease Control and Prevention. [Risk factors for early breast cancer](#). July 30, 2025. Accessed July 16, 2026.



Harvest butternut squash and quinoa salad recipe*

Ingredients (10 servings)

- 6 cups butternut squash (about 1 medium butternut squash) peeled and chopped
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt
- ½ tsp black pepper
- 1 teaspoon rosemary
- 1 cup uncooked quinoa
- ½ cup red onion, finely chopped
- 2 cups baby kale, chopped
- ½ cup dried cranberries
- ½ cup chopped pecans



Instructions

1. Preheat oven to 400°F.
2. In a large bowl, toss the butternut squash with olive oil and season with salt, freshly ground pepper and rosemary. Spread butternut squash in a single layer on a foil-lined baking sheet. Roast for 20 minutes or until squash is tender and lightly browned.
3. While the butternut squash is roasting, rinse quinoa and place in a medium pan with water. Bring to a boil, reduce to a simmer and cook partially covered until liquid is absorbed, about 16-18 minutes.
4. To assemble the salad, combine the roasted butternut squash, cooked quinoa, red onion, kale, cranberries, chopped pecans in a large bowl. Add the balsamic vinaigrette and mix until combined. Season with salt and pepper to taste. Serve warm or cold.

Dressing: Whisk together ingredients in a small bowl until combined

- ¼ cup extra virgin olive oil
- ⅓ cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

Nutrition for one serving*

- Calories: 229kcal | Carbohydrates: 28g | Protein: 4g | Fat: 12g | Saturated Fat: 1g | Sodium: 132mg | Potassium: 483mg | Fiber: 3g | Sugar: 6g | Vitamin A: 10270IU | Vitamin C: 33.8mg | Calcium: 74mg | Iron: 1.8mg

Butternut squash facts*

- Butternut squash is a fruit, not a vegetable.
- It contains vitamin A, vitamin C, b vitamins, fiber, protein and a variety of minerals.
- Eating butternut squash may help reduce cancer and heart disease risk, protect against cognitive decline and help with weight management.

*FOR RECIPE AND NUTRITION SOURCE: Howard N. [Harvest butternut squash quinoa salad](#), Delicious meets healthy. April 12, 2024. Accessed July 16, 2026.

*FOR BUTTERNUT SQUASH FACTS SOURCE: Kubala J. [What to know about butternut squash nutrition and health benefits](#), Healthline. June 10, 2025. Accessed July 16, 2026.

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