

OCTOBER 2003: *Topic: Breast Cancer Awareness*

October brings exquisite autumn colors and frightfully fun Halloween festivities but, more importantly, it's also *Breast Cancer Awareness Month*. This national campaign has boosted the importance of mammograms, pushed for better treatments, and has saved lives!! This newsletter is directed at increasing your awareness about breast cancer and providing important detection tools to assist you in taking charge of your health. Please share this newsletter with your family and friends.



Fight Back!

Let's join in the fight against breast cancer! Education and early detection are the keys to saving lives. Great strides continue to be made against this disease. You can make a difference by getting involved with local breast cancer programs and events in your community. Contact your local *American Cancer Society* office or go on-line to www.cancer.org for more information. Take a few minutes to call and remind your loved ones about the importance of early detection. *Support the Pink Ribbon Campaign* – the pink colored ribbon is the symbol for *Breast Cancer Awareness*. Simply display the ribbon on your lapel in October (see your local *Human Resources Representative for ribbons*).

Breast Cancer Myths

Myth: It's impossible for men to get breast cancer.

Truth: A significant number of men are diagnosed with breast cancer each year, although the numbers are still fewer than the number of women diagnosed.

Myth: Finding a lump in your breast means you definitely have breast cancer.

Truth: Eight out of ten breast lumps are usually not cancerous*.

* If you discover a lump in your breast or any changes in breast tissue, don't panic but do make an appointment with your doctor.

For more on-line information regarding Breast Cancer Awareness, visit the following sites:

www.nationalbreastcancer.org
www.cigna.com
www.cancer.org



What are the Breast Cancer Risk Factors?

Risk for developing breast cancer is individual. It depends on a combination of lifestyle and personal traits known as "risk factors". The following risk factors may be related to the disease and can alert you and your doctor to the need for careful follow-up:

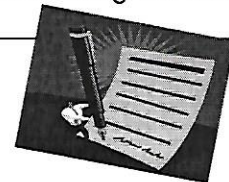
- A family history of breast cancer, especially in your mother, sister(s) or daughter(s)
- Age – in general, the older you are, the greater your risk
- Never having borne a child
- Having your first child after age 30
- First menstrual period at an early age
- A history of non-cancerous breast disease or other breast conditions

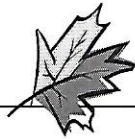
Calculate Your Individual Risk

Researchers have developed a computerized formula known as the *Gail model* that allows women to evaluate their personal risk factors and predict their five-year and lifetime risk for developing breast cancer. To calculate your risk, log on to: www.breastcancerprevention.org. Click on the link "*Calculate Your Breast Cancer Risk (for women 35 – 84)*".

2004 Benefits Annual Open Enrollment Update

Once benefit plan renewals are finalized, Kidde will begin its open enrollment process. You can expect to receive detailed benefit information and open enrollment forms during the month of November.





Early Breast Cancer Detection Plan

Early detection can save your life. According to the *National Breast Cancer Foundation*, your early breast cancer detection plan should include:



- Getting a breast exam by your doctor every three years from ages 20-39, then every year thereafter
- Performing monthly breast self-exams beginning at age 20
- (See your local Human Resources Representative for a Breast Self-Exam guide)
- Obtaining a mammogram every year after age 40
- Keeping a personal calendar to record self-exams, mammograms, and doctor visits
- Eating a low-fat diet, maintaining a healthy weight, getting regular exercise, and making healthy lifestyle choices

Remember, breast cancer does not discriminate - it's crucial that both women and men perform monthly breast self-exams.

Halloween Safety



Halloween is a cherished tradition for both children and adults. In all the excitement, it's easy to forget to be careful. The following are "trick or treating" safety tips recommended by the *National Safety Council*:

- Motorists need to drive cautiously, watching out for children darting out between parked cars, on roadways, medians and curbs
- Have an adult or older responsible youth supervise the outing for children under age 12
- Make sure children carry flashlights, and that they understand not to enter homes or apartments without adult supervision
- Insist that treats be brought home for inspection before anything is eaten – when in doubt, throw it out
- Pin a slip of paper with the child's name, address and phone number inside a pocket in case the youngster gets separated from the group



CIGNA Does Make House Calls!

CIGNA maintains a strong, proactive commitment to women's health. CIGNA will be calling members to remind them to schedule their yearly mammograms. During the month of October, CIGNA wants to remind every woman over the age of 40 to get this all-important screening.

Register with *myCIGNA.com* and Help Fight Breast Cancer

If you have not already registered for *myCIGNA.com* - don't delay! CIGNA will donate \$1.00 to the *National Breast Cancer Foundation* for each of the first 25,000 members who register for this website. As a reminder, *myCIGNA.com* provides secure access to your personalized health benefits information along with a wealth of online tools to help you make informed health care decisions. Simply go to www.myCIGNA.com and follow the instructions.

Fireye, Inc. Celebrates Four Years of "No Lost Time" Injuries

Kudos to Fireye for achieving four years of "no lost time" work injuries! In celebration of their accomplishment, Fireye is sponsoring a Safety and Health Fair/luncheon for their employees on Friday, October 17. There will be an awards presentation, health screenings, door prizes, safety, games and more.

Looking Ahead to Our Next Newsletter

November's topic will focus on *Smoking Cessation*. We will also continue to encourage Kidde Challenge Teams as they come into the final weeks of competition.

