

Breast Cancer Awareness Month ?? Learn, Act, Prevent



October is [Breast Cancer Awareness Month](#). This annual observance, marked by pink ribbons and global campaigns, is more than just a symbolic gesture. It's a powerful reminder of our collective responsibility to educate, support, and empower one another in the fight against breast cancer.

During this month, we see an inspiring surge in awareness activities, fundraising events, and educational initiatives. As a healthcare professional dedicated to breast health, I find this month particularly meaningful, as it amplifies the messages we strive to share all year round.

Throughout my career, I've seen firsthand the impact of breast cancer on individuals and families. ***Did you know that it's the most common cancer in women, affecting nearly 30% of all cancer diagnoses in women?***

Even more striking, **1 in 8 women in the U.S. will be diagnosed with it in their lifetime.** These statistics always remind me why I'm so passionate about breast health education. So much so I [chat more about it here](#) on my [Instagram](#) 



HAVE YOU BEEN DIAGNOSED WITH **BREAST CANCER?**

@synergyhealthassociates

Over the years, I've encountered many myths about breast cancer. Let me clear up a few:

1. It's not just an older woman's issue - it can occur at any age.
2. Men can develop breast cancer too, although it's less common.
3. Breast size doesn't determine risk - all women should be vigilant.
4. Wearing a bra doesn't increase your risk - that's an old myth with no scientific basis.

So, what can you do? First and foremost, know your body. Regular self-exams are crucial. Also, maintain a healthy lifestyle - good nutrition, regular exercise, and limiting alcohol can all play a part in reducing risk.

I'd also like to tell you about something we offer at [Synergy Health Associates](#) - our [Breast Health Quiz](#). This test analyzes the levels of toxicity your breasts might be storing. You see, my research has shown that environmental toxins can increase breast cancer risk. Understanding your exposure can be a powerful tool in prevention.

In fact, if you're interested in learning more about the connection between toxins and breast health, you might want to check out my book, ["Lymp-Link"](#). It dives deep into this topic and provides strategies for enhancing your lymphatic system health.

Remember, knowledge is power when it comes to our health. If you ever have concerns or questions about breast health, please don't hesitate to reach out. You can always call us at *Synergy Health Associates* at **(212) 243-5515**.

Yours in health,

A handwritten signature in black ink that reads "Dr. Loretta". The signature is fluid and cursive, with the first name "Loretta" being more prominent than the "Dr." prefix.

[P.S. - Grab my most recommended detox products here!](#)



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