



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

October 4, 2023: Breast Cancer Awareness Month

Breast cancer is the most common cancer and leading cause of cancer-related deaths for women in the U.S.

Breast cancer often begins in the breast's ducts or lobules, often without symptoms in its early stages. However, if not detected early, it can spread to nearby tissues and organs, such as lymph nodes.

The most typical way to detect breast cancer is by finding a lump in the breast or underarm. Other signs may include (but not limited to) breast thickening, skin changes, nipple issues, breast size change or pain. Any unusual findings, including painless lumps, should prompt a visit to a healthcare provider.

Risk factors for developing breast cancer include (but are not limited to) being female, increasing age, having a family history of breast cancer, obesity, alcohol consumption, exposure to radiation, reproductive and hormonal history, and having dense breasts.

Early, frequent breast screenings are the most effective way to reduce the burden of breast cancer and improve outcomes. Mammograms are recommended every two years for women ages 50-74 years old.

High-risk breast cancer awareness is also crucial.

While awareness and mammograms at age 40 have gained attention, many remain unaware of high-risk factors and screening options. The [CDC](#) recommends annual mammograms and MRI scans for those at high risk, starting between ages 25 and 40 or at the age when a family member was diagnosed with cancer. Discuss risk factors, screening, detection, and risk reduction strategies with your healthcare provider.

Regular breast screenings, especially for those aged 50-74, are the best way to reduce breast cancer's impact. High-risk individuals may need earlier and more frequent screenings, as advised by their doctors.

Make a plan for yourself and your family to get the flu vaccine this fall! **Everyone 6 months and older is eligible and recommended to receive a flu vaccine.** This is especially important for those at highest risk of experiencing severe symptoms, including older people, people with chronic health conditions, people who are pregnant, and young children. **We have a walk-in-only flu vaccine clinic coming up at North Shore Health Department, Brown Deer office. No appointment is necessary.** Watch our [website](#) for additional clinic times.

NORTH SHORE HEALTH DEPARTMENT 2023 FLU VACCINE CLINICS

We are holding a walk-in only clinic at the Brown Deer Village Hall.

NO APPOINTMENT NECESSARY

Children (18 and under) are encouraged to get vaccinated at this clinic.

Monday, October 9

3:30pm - 6:30pm

Brown Deer Office
Same building as Brown Deer Village Hall. Clinic will be in the court room.
4800 W Green Brook Dr.

Payment Information:

18 and under: No insurance or payment required. Donations of \$10 are requested. If unable to pay, those 18 and under will still be able to get vaccinated. Both the quadrivalent vaccine and FluMist (nasal spray) will be available.

19 and up: Insurance or payment required. We are able to bill some insurance: Medicare, Medicaid, Humana, Aetna, United Healthcare and Anthem (BlueCross BlueShield). Otherwise payment by cash, check or credit card.

Cash, check or credit card cost:

- Adult Flu Shot (quadrivalent) - \$45
- High Dose Flu Shot (65 years of age and up) - \$70

Call us at 414-371-2980 if you have any questions.



NORTH SHORE HEALTH DEPARTMENT

nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates!



RESOURCES AND REFERENCES

1. [What Are the Risk Factors for Breast Cancer? | CDC](#)
2. [What Is Breast Cancer Screening? | CDC](#)
3. [Breast Cancer Screening | Susan G. Komen®](#)
4. [Mammography Facilities | FDA](#)
5. [Find a Screening Program Near You |NBCCEDP|CDC](#)