



October is Breast Cancer Awareness Month.

Early detection is the most important way to treat breast cancer. Women should perform monthly self-exams, talk to their providers about breast changes and be sure to adhere to properly scheduling mammograms. Breast cancer can be diagnosed in men too.

Want to protect your health more?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are the perfect option for you and your family's health needs. To get started, call Patricia Mullen, at 1-800-459-2110 X 2247 or 410-919-4428.