

Wellcare Monthly

October 2017 - Breast Cancer Awareness



October is National Breast Cancer Awareness Month! One of the best ways to join the fight is to get involved and raise awareness. Please visit www.wvucancer.org for more information.

BREAST CANCER

1 IN 3 OF ALL CANCERS DIAGNOSED IN THE UNITED STATES ARE BREAST CANCER

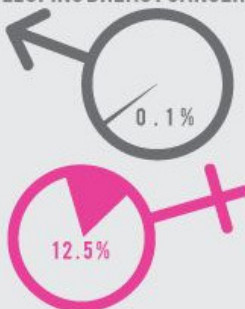
WHO GETS IT?

MEN & WOMEN ARE AT RISK OF DEVELOPING BREAST CANCER

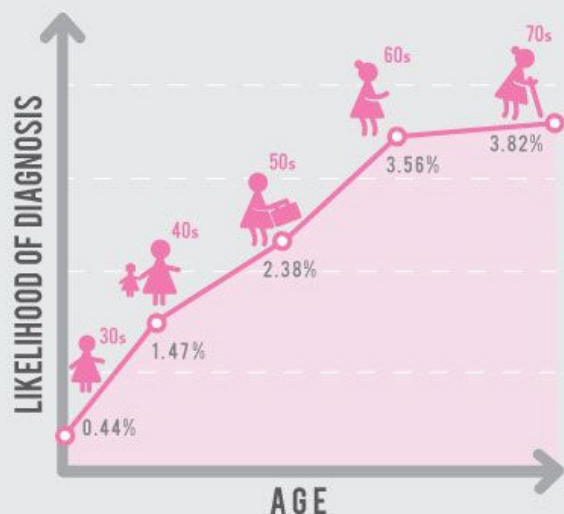
1 IN 1,000 MEN

AND

1 IN 8 WOMEN WILL BE DIAGNOSED IN THEIR LIFETIME



AS A WOMAN BECOMES OLDER HER CHANCES OF DEVELOPING BREAST CANCER INCREASE



AGE AND GENDER ARE THE TWO MAIN RISK FACTORS FOR DEVELOPING BREAST CANCER

🎀 Morgantown Area Pink Events in October:

The WVU Cancer Institute, WVU Medicine and WVU Athletics are teaming up on several pink events to raise breast cancer awareness in October:

Sunday, October 8

The Mountaineer fans are encouraged to don their pink and come to the WVU Women's Soccer pink game against Oklahoma University at 2 p.m. on Sunday, Oct. 8 at Dick Dlesk Soccer Stadium. Members of the soccer team will be decked out in pink uniforms and will celebrate the success of their annual spring fundraiser to benefit the Cancer Institute's Betty Puskar Breast Care Center during halftime. Tickets will be \$1 at the gate and are available online at wvugame.com.



Fans will receive pink pom-pom shakers and can get the official pink Mountaineers T-shirt for a \$10 donation. They can also see the new Bonnie's Bus, WVU's state-of-the-art mobile 3D mammography vehicle, which will be parked in the lot next to the stadium.

Wednesday, October 18

WVU Medicine's Plastic and Reconstructive Surgeons are partnering with local restaurants on Dine Out for Breast Reconstruction Awareness (BRA) Day on Wednesday, Oct. 18 to help raise awareness of breast reconstruction options available to women following breast cancer surgery.

Continued on the reverse side...



While you're out spreading Breast Cancer Awareness and getting your costume ready for Halloween, be sure to check out some healthy eating options. We've added our favorite pumpkin pie smoothie below!

Serves 1 (large smoothie)

Prep Time: 5 minutes

Ingredients:

- 1/2 cup pure pumpkin puree
- 1 large banana
- 6-8 ice cubes
- 6 oz vanilla yogurt
- 1/2 tsp pumpkin pie spice
- 1 tsp agave nectar (or honey would work too)
- 3 Tbsp milk
- A pinch nutmeg and whipped cream, optional garnish



Directions:

In a blender, combine pumpkin, banana, ice, yogurt, spice, agave nectar and milk. Pulse until smooth!

Pour into a glass and top with whipped cream and pinch of nutmeg. ENJOY!

If desired, add a scoop of vanilla protein powder before blending.



Morgantown Area Pink Events Continued...

Local restaurants participating in BRA Day will donate a percentage of their total receipts to a fund at WVU for patient education and assistance to uninsured and underinsured women seeking breast reconstruction. Eighty percent of the proceeds will stay in the WVU fund to benefit women in West Virginia, and 20 percent will be donated directly to The Plastic Surgery Foundation's Breast Reconstruction Awareness Fund.

Friday, October 20

Bonnie's Bus will be offering 3D mammograms and breast care education to women from 8 a.m. to 2 p.m. on Friday, Oct. 20 at WVU Medicine at University Town Centre. Walk-ins will be accepted, so no appointment is necessary. Bonnie's Bus will visit 19 communities throughout West Virginia in October.

Saturday, October 21

The WVU Cancer Institute is sponsoring the American Cancer Society Making Strides Against Breast Cancer Walk, which will be held from 10 a.m. to 1 p.m. on Saturday, Oct. 21 at the WVU Student Recreation Center. To join the Cancer Institute's team, Hakuna Ma TaTas, visit <http://bit.ly/2wRxNQk>.

Saturday, October 21

The WVU Volleyball team will host a pink game against Kansas State University at 1 p.m. on Saturday, Oct. 21 at the WVU Coliseum. The team will wear pink jerseys and is encouraging fans to wear pink. Fans will receive pink pom-pom shakers and will have an opportunity to receive the official Mountaineers pink T-shirt for a \$10 donation.

Sunday, October 22

WVU Medicine and the Cancer Institute will host a dinner for breast cancer survivors at 2 p.m. on Sunday, Oct. 22 at Lakeview Golf Resort and Spa in Morgantown. At this event, cancer survivors share their personal cancer journeys with fellow survivors and visit with cancer specialists in a nonclinical setting.

Think Pink



**WVU Supports
Breast Cancer
Awareness Month**