

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

The past few weeks we reviewed precertification and featured Medical Rehabilitation Consultants, the company that completes this important step for Trust members. Today, we shift gears back to wellness with a topic that is highlighted throughout the United States in October. This is the last week of Breast Cancer Awareness Month, and this is important!

Most people know a family member, friend, or colleague that has received a breast cancer diagnosis, which can be deadly. The good news is, per the American Cancer Society, "when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms."

The National Breast Cancer Foundation provides [excellent information](#) regarding these early detection topics:

- Breast Cancer Symptoms and Signs
- Breast Pain and Cyst's
- Breast Self-Exams
- Mammograms, and more.

Breast Cancer doesn't just affect women, [men can also get breast cancer](#).

Because early detection is so important for so many cancers, we agree with the guidance in SCL Health's flyer, [Take The Time To Get Tested](#). It offers persuasive evidence on the importance of screening and urges everyone to take the following three steps:

1. Schedule your screening
2. Share your health history
3. Be brave, don't skip your appointments.

**That's your MCUL Trust Tip for the week, look for some open enrollment guidance in the next few Trust Tips.**



This publication from Montana's Credit Unions and the Montana Credit Union League Group Benefits Trust is part of the wellness program we provide to Montana credit union professionals and their family members. For more information on the Trust, call us or visit our website.

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