

October 2025

Dr. Justin's Monthly Newsletter September Edition: **Breast Cancer Awareness – Empowering Women Through Early Detection and Education**

Dear Friends,

October marks **Breast Cancer Awareness Month**, a time dedicated to raising awareness, promoting early detection, and supporting individuals and families affected by breast cancer. At Dr. Justin's, we are committed to empowering women with knowledge, access to screenings, and compassionate care because early action can save lives.

Understanding Breast Cancer

Breast cancer is one of the most common cancers affecting women worldwide. Early detection through regular screenings and awareness of risk factors significantly increases the chances of successful treatment. Educating ourselves and our communities is key to fighting this disease together.

This Month's Health Initiatives

Free Breast Health Screenings

We are offering complimentary clinical breast examinations and facilitating referrals for mammograms to encourage early detection and diagnosis.

Women's Health Seminars

Join our expert-led sessions discussing breast cancer risks, signs and symptoms, self-examination techniques, and prevention strategies.

Pink Ribbon Awareness Campaign

We invite you to wear pink and participate in our awareness drives to show solidarity with those battling breast cancer and to honor survivors.

Support Circles for Survivors and Families

Our community programs will provide safe spaces for breast cancer survivors and caregivers to connect, share, and heal together.

Tips for Breast Health Awareness

- **Know Your Body:** Perform regular breast self-examinations and report any changes to a healthcare provider.
- **Schedule Screenings:** Women aged 40 and above should have regular mammograms or as advised by their doctor.
- **Maintain a Healthy Lifestyle:** A balanced diet, regular exercise, and limiting alcohol can reduce your risk.
- **Avoid Smoking:** Tobacco use is linked to a variety of cancers, including breast cancer.
- **Stay Informed:** Keep up with current guidelines and recommendations for breast health.

Looking Ahead

In November, we turn our focus to “**Diabetes Awareness Month: Taking Charge of Your Health.**” Stay connected for lifestyle programs, dietary guidance, and free diabetes screenings.

Together, We Are Stronger

To all the brave women fighting breast cancer, to the survivors, and to those we’ve lost - you are in our hearts. Let’s continue to spread awareness, offer support, and foster hope.

Warm regards,

Dr. J. Stiji

Medical Director

Dr. Justin’s

“Your comfort is our priority”

Let’s stay connected! Follow us on social media or visit our website for updates, health tips, and opportunities to participate in our programs.