Dear Human Resources:

October is national breast cancer awareness month. This month we want to help you protect the lives of your employees by highlighting some of the latest facts about cancer our society faces today. We believe that a major key to defeating cancer is to be aware of the warning signs and to be proactive about our self-care. We have compiled a list of the most common cancer occurrences, which signs to look out for, as well as the most affected groups of people.

To roll out this information to your employees:

* Copy and send the following in an email to your coworkers
* Post the PDF version of these documents to your intranet or HR portal for employees to review
* Print out the PDF version of these documents and post them in common areas

EMPLOYEE EMAIL

In 2018, an estimated 1.7 million new cases of cancer will be diagnosed in the United States and 609 thousand people will die from the disease. This news is not easy to digest, but it is a cautionary tale for everyone to be more proactive about self-care and to take charge of their health. Education is the first step to protect your health and that of your loved ones.

Here are some of the latest facts about cancer in the United States:

* The most common cancers are:
* #1 Breast cancer
* #2 Lung and bronchus cancer
* #3 Prostate cancer
* #4 Colon and rectum cancer
* #5 Skin melanoma
* Cancer deaths are higher among men than women.
* The number of cancer deaths is highest among African-American men, and lowest among Asian/Pacific Islander women.
* In 2016, there were an estimated 15.5 million cancer survivors in the United States.

Living a healthy lifestyle which includes exercising, eating healthy meals, sleeping well, and maintaining strong social connections can help ward off cancer. But there is no magic recipe to remain cancer free.

Knowing the warning signs of cancer can help protect your health and save your life! Early detection can result in a much better diagnosis and treatment outcomes.

To find out more about the common signs of cancer, click here.