

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

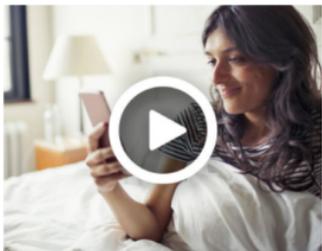
Stay Ahead of Breast Cancer



Your Breast Health is Important

Preventive breast exams can spot problems early and save lives. Know the facts and get screened regularly.

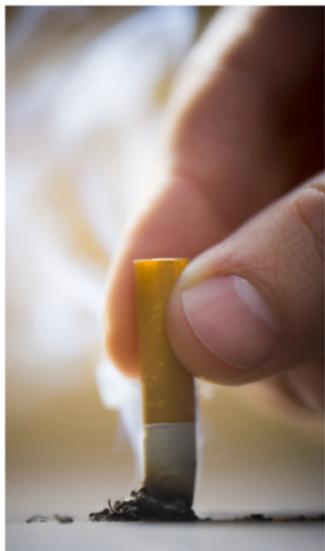
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6 Breast Cancer Symptoms Every Women Needs to Know

Like other cancers, the earlier breast cancer is detected, the easier it is to treat. Here are some breast cancer symptoms that every woman should know. Share them with the women in your life.

[WATCH VIDEO](#)



How to Quit Smoking for Good

According to the Centers for Disease Control (CDC) the amount of cigarette smokers has gone down, but about 34 million adults in the U.S. still smoke.¹

Quitting smoking is one of the best steps you can take to lowering your chances of cancer.

The Last Cigarette (TLC) is a smoking cessation program that offers numerous resources and tools to assist you in your efforts to quit smoking. No matter what stage of the quit journey you're in, you'll find this information helpful for you and your family.

[REQUEST A KIT TODAY](#)

1 CDC.gov. Current Cigarette Smoking Among Adults in the United States (accessed September 2020): www.cdc.gov.

