



Your health literacy: 4 ways to be your own best advocate

1. Be an informed healthcare consumer. Keep copies of your health records from all providers you see and share them as needed.
2. Choose providers wisely. When possible, research provider or ask a friends and family.
3. Make use of technology.
4. Seek information and ask questions to better understand.

Notes:

October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 National Coming Out Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Nevada Day	28
29	30	31 Halloween				

Health Tip: *Breast Cancer has No Gender*

Wherever someone falls on the gender spectrum, there's a finite breast cancer risk they need to understand. Many different factors feed into breast cancer risk, including the organs you're born with, the organs you have now, age, lifestyle and personal health history. Now more than ever, there's no one-size-fits-all or even one-size-fits-most approach to breast cancer screening and risk evaluation. When it comes to screening, screen what you've got.