

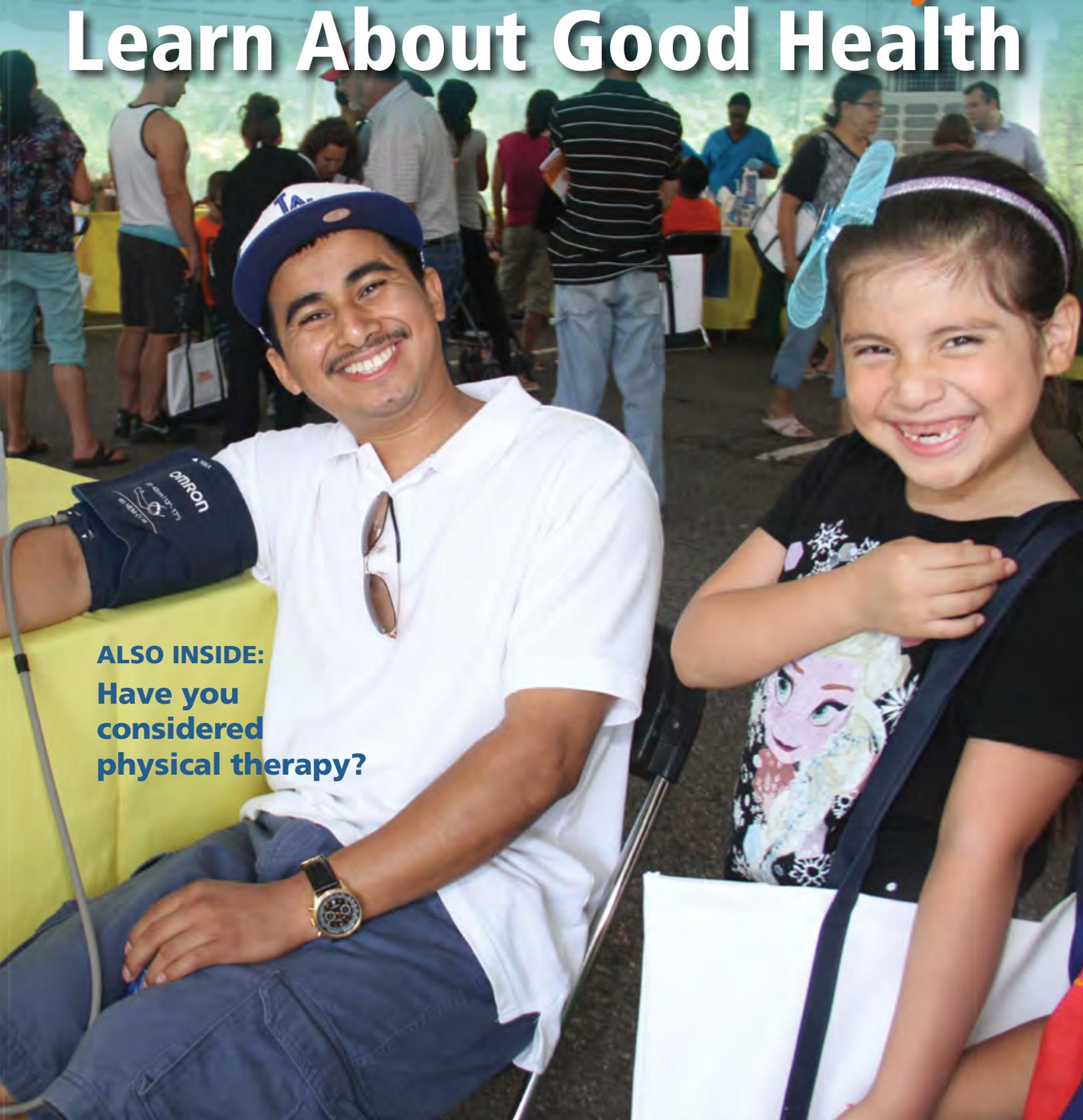
Vol. 5, No. 3, Fall 2015

Through the

LOCAL 26 IBEW-NECA JOINT TRUST FUNDS

WIRED

Health Fairs 2015: A Great Way to Learn About Good Health



ALSO INSIDE:
**Have you
considered
physical therapy?**

Dear Participant,

This summer we once again hosted our annual health fairs at the Local 26 picnics in Maryland and Virginia. I cannot thank the Trust Funds staff enough for all of their hard work in the many months leading up to the fairs and their tireless efforts the day of the health fairs. They are truly the workhorses that make our health fairs possible and they do it with a smile.

Thank you also to everyone who visited the fairs and took part in our screenings. I hope each of you learned something valuable about your health and living a healthy life. I applaud you for making your good health a priority!

It is always our goal to expand the fairs' offerings to be as relevant and encompassing as possible. To that end, we were happy to have Fidelity Investments as a new exhibitor this year. After all, good financial health is important too!

Remember, our health fairs are not your only opportunity to connect with our benefit providers. They are available to answer all of your questions throughout the year and you are encouraged to reach out to them, as well as us at the Funds Office, whenever you have a question. Our fairs serve as a reminder of the comprehensive benefits our EWTF offers, but these benefit providers are also working hard for you all year long.

I hope you had a wonderful summer, complete with family time, vacation time and perhaps even a little time for yourself!

Yours in good health,



Peter Klein
Fund Manager

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<http://www.ewtf-wellnessworks.org>



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Making Good Health FUN

THE 8TH ANNUAL
EWTF HEALTH FAIRS
WELL RECEIVED BY
MEMBERS, FAMILIES
AND GUESTS

It wasn't just carnival rides, music, and picnic fare on the minds of Local 26 members and their families attending the Local's picnics; good health and healthy living also took center stage thanks to our EWTF Health and Wellness Fairs. For eight years the health fairs have been the perfect complement to the fun and fellowship of the Local 26 picnics in Maryland and Virginia.

The EWTF staff warmly greeted each and every visitor to the health fair, providing them with a reusable tote bag and screening check off card upon their arrival. Although good health should be taken seriously, the mood

inside the health fair pavilions was light hearted, yet informative. Our EWTF staff and all of our health care exhibitors did an excellent job of encouraging the attendees to learn more about their good health.

For many of the attendees, the health fair has become a regular part of the picnic they look forward to year after year while for others this year may

have been their first time wandering through the pavilion. Those who are regular attendees knew to line up early for the screenings for cholesterol, blood glucose, body composition, blood pressure and Prostate Specific Antigen (PSA), which have come to be among the most popular of the fairs' offerings. These screenings, administered by Corporate Fitness Works, are intended to provide important information for participants to take back to their health care providers. Many of the screenings and test results are received immediately, such as the blood pressure and body composition results, but other test results—for cholesterol and PSA—are mailed back to the participants, as the tests require laboratory testing of a blood sample. ▶



The EWTF also receives anonymous results of the screenings in order to gain a better understanding of the general health of the Local 26 population. The results help us determine what we need to focus on when it comes to providing health education and resources to our participants. This is yet another reason we are pleased to see so many participants taking full advantage of the health fairs.

Local area dentists, Dr. Doe in Virginia and Dr. Fooksman in



Maryland, performed dental evaluations, answered participants' questions and offered guidance on good dental hygiene. Also on hand were representatives of OneNet Dental to help EWTF participants better understand how to navigate OneNet's services and network of dental professionals. UnitedHealthcare representatives provided similar information for medical professionals and facilities.

Vision screenings were offered by MyEyeDr. at the Maryland fair as

a reminder to all that vision care is an important component of taking care of your overall good health. Participants were encouraged to follow up with a vision care provider for yearly eye examinations and VSP, our vision care benefit provider, was on hand at both fairs to help our members better understand their comprehensive vision benefits and locate a provider.

Another popular stop on the health fair circuit was the exhibit from Sport and Spine Rehab. Sport and Spine Rehab was new to the fair





last year and returned this year based on the positive feedback we received. Back and joint pain is something everyone has experienced and given the physically demanding nature of construction work, the information on good spinal health provided by Sport and Spine Rehab was especially relevant.

New to the fair this year were representatives from Fidelity Investments, the recordkeeper for our Individual Account Plan. They reminded everyone about the importance of good financial health and were available to answer questions, provide guidance, and encourage our members to be full and active participants in their IA plan.

Once again those who completed the entire circuit of exhibitors received a \$10 VISA gift card and active members were entered into the drawing to receive one year of free union dues.

A big congratulations goes out to all who came through the two health fairs for actively pursuing their good health through education. A healthy membership is our ultimate goal and the enthusiastic response from our participants is truly gratifying. We are already working on next years' fairs to continue to provide our members with the information they need to live their best life in good health! ■



Thank you to all of our health fair exhibitors for donating their time and sharing their knowledge with our members:

Corporate Fitness Works

MyEyeDr

Vision Service Plan (VSP)

Sport & Spine

Dr. Doe DDS

Dr. Fooksman DDS

Business Health Services (BHS)

Conifer Health Solutions

UnitedHealthcare

OneNet PPO

Fidelity Investments

CVS Caremark

*GET MOVING!

Physical therapy can help restore and improve your mobility, strength and quality of life.



Physical therapy isn't just reserved for severe medical trauma cases or for NFL quarterbacks with a torn ACL. Physical therapy has become widely accepted as a valuable form of treatment for anyone—construction workers, office workers, the young, the old, those recovering from surgery and those hoping to avoid surgery—and its success is worth paying attention to.

When an NFL player blows out his knee he is usually out for surgery followed by intensive physical therapy. Fans are always amazed at how quickly these players return to the field from what seemed to be a career-ending injury. Yes, the strength and high level of fitness of these athletes before their injury certainly helps in their recovery but they also make a full commitment to returning to good health by participating in physical therapy.

Why do these players and their doctors include physical therapy as an important component to recovery? It's simple; these players want to get back to doing what they love

and know best. You don't need to be an NFL player to have the desire to do what you love and to be able to do it to the best of your ability. And, if you are injured, in pain, recovering from surgery or struggling with a significant health condition you don't need to be an NFL player to turn to physical therapy to speed the healing.

Physical therapy focuses on rehabilitation, specifically improving mobility, function and quality of life. Physical therapy, especially as it pertains to orthopedic and sports rehabilitation, may include joint manipulation, therapeutic massage, use of hot packs and

ice, electrical stimulation and/or ultrasound, performed by a qualified physical therapy professional. However, make no mistake; physical therapy is not easy or relaxing. It is work and it works best for those who make a full commitment to it. Physical therapists often give patients "homework" in between



sessions that are instrumental to the success of their physical therapy. However, this partnership between patient and physical therapist is often seen as a positive experience in that those who participate in physical therapy feel like they are taking an active role in improving their health and speeding up their recovery.

Studies are also showing some promise that a committed physical therapy treatment plan may even be as effective as surgery in some cases. A study published in January 2014 in *Bone and Joint Journal* showed similar success rates for patients who treated a rotator cuff injury with physical therapy alone and those who treated it with arthroscopic surgery or open surgical repair combined with physical therapy. A *New England Journal of Medicine* study found physical therapy to be as effective as surgery for healing meniscal tears in the knee and mild to moderate knee osteoarthritis. That is not to say that surgery is generally unnecessary; what these studies prove is the effectiveness of physical therapy. Experts agree that physical therapy is most effective when put into use within the first 12 weeks after surgery or injury.

There are also some studies proving that a meeting with a physical therapist prior to surgery is beneficial in helping patients understand and manage pain post-op. One study, which was published this past April in the medical journal *Spine* also found that meeting with a physical therapist prior to surgery resulted in 45% less health care expenditure post-op.

Our EWTF offers coverage for physical therapy with prior authorization. Be sure to obtain authorization before undergoing any physical therapy treatment plan.

Although physical therapy is often thought of in reference to orthopedic and sports rehabilitation, it is also put into practice for a number of other rehabilitation efforts. It has far reaching benefits across a broad range of medical conditions. For example, physical therapy is also widely used in cardiac and pulmonary rehabilitation; in geriatric care; in treating neurological conditions such as Alzheimer's, stroke, multiple sclerosis and Parkinson's disease; and in treating pediatric conditions that are developmental, neuromuscular, or skeletal in nature. In fact, the American Board of Physical Therapy Specialties denotes eight specialty areas of physical therapy: orthopedics, sports, geriatrics, pediatrics, cardiopulmonary, neurology, women's health and clinical electrophysiology, which treats rhythm disorders of the heart.

Generally, physical therapists measure and evaluate:

- * Speed
- * Mobility
- * Balance
- * Strength
- * Flexibility
- * Movement
- * Coordination
- * Respiratory endurance
- * Cardiovascular endurance

While some physical therapists make house calls, most therapy appointments take place in a hospital, typically post-op; in an in-patient treatment facility; or in a physical therapy office practice. Just like any other medical discipline, a physical therapist may specialize in a specific type of physical





Find a qualified physical therapist who works in a well equipped, high quality facility.

therapy so it is important when choosing a therapist that he or she treats the condition for which you are seeking help. And, not only may a therapist specialize in one of the eight above-mentioned areas, he or she may also specialize within each area. For example a therapist who focuses on orthopedic physical therapy may specialize in treating just certain parts of the body such as the back or the knee. It is also important to do your research to find a qualified physical therapist who works in a well equipped, high quality facility.

When choosing a physical therapist:

- * Ask the practice or facility if they have therapists who treat your condition.
- * Ask about the experience of the therapist who will be treating you.
- * Find a facility or practice that is convenient to you since your physical therapy will likely be a multi-visit commitment.
- * Particularly with an in-patient facility, visit the facility before beginning therapy. Ensure that it is clean and well maintained. Note whether the therapists are washing their hands between patients.
- * Note the atmosphere of the facility. Are patients being served relatively quickly or are patients sitting around for long periods of time waiting to be seen?
- * Check to see if the therapists and therapy office staff are wearing name badges with their job title. Some states require this.
- * Inquire whether you can get an appointment quickly. Physical therapy is something you want to start as soon as possible, especially post-op.
- * Learn about the special equipment offered at the facility or office. For example, if your therapy requires a pool, make

sure it is available at the facility you choose.

- * Make sure the physical therapy facility accepts your insurance.

You should also know the difference between a physical therapist, a physical therapist assistant and a physical therapy technician/aide. A physical therapist is licensed by the state and has earned a Doctor of Physical Therapy degree from an accredited program. Most programs require a bachelor's degree for admission as well as prerequisites that may include anatomy, physiology, biology, chemistry and physics courses. After graduation, physical therapists complete a one-year residency program and often a fellowship to specialize in a certain area of care.

Physical therapy assistants earn an associate's degree from an accredited physical therapist program and a technician/aide typically receives just on-the-job training after earning their high school diploma. An assistant may make patient observations before, during and after therapy; may help with certain exercises, massage and stretching; may assist patients with learning to use devices such as walkers; and may provide patient education about continuing care post treatment. Technicians/aides, on the other hand, typically do more clerical tasks, keep therapy areas clean, and help move patients to and from therapy areas. It is important to note that neither an assistant nor a technician/aide may treat a patient on their own. Assistants and technicians/aides must work directly under the supervision of a licensed physical therapist and do not see patients on their own.

Choosing a Therapist



Most physical therapy referrals come from doctors and that seems to make perfect sense. After all, your doctor probably has the most experience with area physical therapists and your doctor knows the status of your health and your condition.

But, you should still carefully research the referral you receive from your doctor. First and foremost, you should always be your own best advocate when it comes to taking care of your health. Research the referrals you receive to learn more about their areas of expertise and qualifications.

Additionally, you should learn about your doctor's relationship with the referrals he/she provides. Similar to the trend with outpatient surgery centers, many doctors are becoming partners in physical therapy practices and rehab centers in order to get in on a "piece of the action." Doctors who have a stake in a physical therapy office or facility will refer their patients exclusively to these therapists and therefore benefit financially from their own referral. That doesn't mean that a facility or office owned in part by your doctor is a poor recommendation; just be sure it is, in fact, a *good* recommendation for you and your medical condition.

You can find a physical therapist in your area or learn more about a referral by visiting the American Physical Therapy Association's patient website at moveforwardpt.com and clicking on "find a PT" on the menu bar.

Once you start working with a physical therapist, you should know it will be just that—work! And, the hard work is often at the beginning of your treatment program. On average, a typical physical therapy treatment plan lasts several weeks or even months, but when you consider that it might help you avoid surgery (and the expenses that may go along with that), that it will help you recover faster if you do have surgery, and it will likely help you live a better quality of life, a few weeks of physical therapy seems like a small price to pay. Before your first appointment you should make a list of any questions you may have; write down your symptoms; and write down important information about your medical history, including medications you may be taking and the names and contact numbers of your health care professionals. You should also contact the physical therapy office to see if you might need a change of clothes in order to participate in the rehab activities.

At your first appointment you can expect the physical therapist to perform a detailed examination that will include an evaluation of your strength, flexibility, balance, coordination, posture, blood pressure, and heart and respiratory rates. If you are physically able, your appointment will also likely include an evaluation of how you walk, how you get up from a lying position and in and out of a chair, and how you use your body for such activities as bending and lifting. A significant portion of your physical therapy plan will be focused on education—educating you on how to properly, efficiently, and comfortably perform activities at work and at home.

Physical therapy treatment plans change based on the progress of the patient. There is no hard and fast plan to treat a certain type of condition or type of patient. Furthermore, patients may also move in and out of different rehab settings. A patient may start at an in-patient facility and move to home care or an

outpatient clinic or practice as their recovery takes shape. Regardless of where a patient receives treatment, the important thing is that the physical therapy plan is an integral part of your overall good health and you, your therapist and your other health care providers should all be working in partnership to ensure that you are living your best life possible. ■



SCREEN TIME

Telelevision, computer, tablet, smartphone—screen time seems to be *all* the time in our high technology, highly connected world. Whether it's the computer you use at work, the smartphone you use all day long, the television you turn on when you get home or the tablet on which you surf the Internet just before bed, we have all become quite used to an excessive amount of screen time.

Yes, it is great to have a wealth of information instantly at our fingertips, but are we compromising our good health killing time on our phones in the doctor's waiting room, or searching the Web *yet again* for the best price available for that coveted fishing pole? And, what about the amount of screen time kids are experiencing?

Some less obvious health concerns associated with screen time are an inability to settle down and sleep at night, and attention problems, anxiety and depression.

Screen time is unavoidable for most adults and eliminating screen time altogether is a somewhat unrealistic expectation of most kids, but experts, including the American Academy of Pediatrics, strongly believe that screen time should be limited and greatly reduced. Not so long ago, screen time only referred to the amount of time spent in front of a television. Now about 40% of children under two have used a mobile device. In fact, a number of children's toys, marketed as learning and development toys, are nothing more than childproof tablets and smartphones. The Henry J. Kaiser Foundation, a non-profit that provides information on health issues, found that on average children between the ages of eight and 18 spend about seven hours a day using entertainment media, which includes TV, computers, and video games.

Screen time can lead to a number of health issues, some obvious, some less so, and these health issues apply to adults as well as children. The most obvious concern is obesity. Excessive screen time promotes sedentary behavior as watching TV, playing video games and surfing the Internet requires virtually no physical activity. Furthermore, many TV commercials advertise food products, which triggers viewers to seek out snacks. Often, especially during children's programming, the products advertised are high in sugar, salt, and fat—less-than-healthy food choices! Children and adults alike also tend to eat more while in front of the TV or computer. Eating becomes mindless behavior when you are preoccupied with a television show and all of those calories add up.

Some less obvious health concerns associated with screen time are an inability to settle down and sleep at night, and attention problems, anxiety and depression. Particularly concerning for children is what they may be viewing and doing on computers and tablets. These devices can be used in a private setting and some online content and activities can be highly inappropriate for children.

There are many ways to help cut down on screen time that can be applied to children and adults alike:

- Remove the TV or computer from the bedroom
- Do not watch TV during meals or homework
- Do not eat while watching TV or using the computer, tablet or smartphone
- Do not leave the TV on for background noise

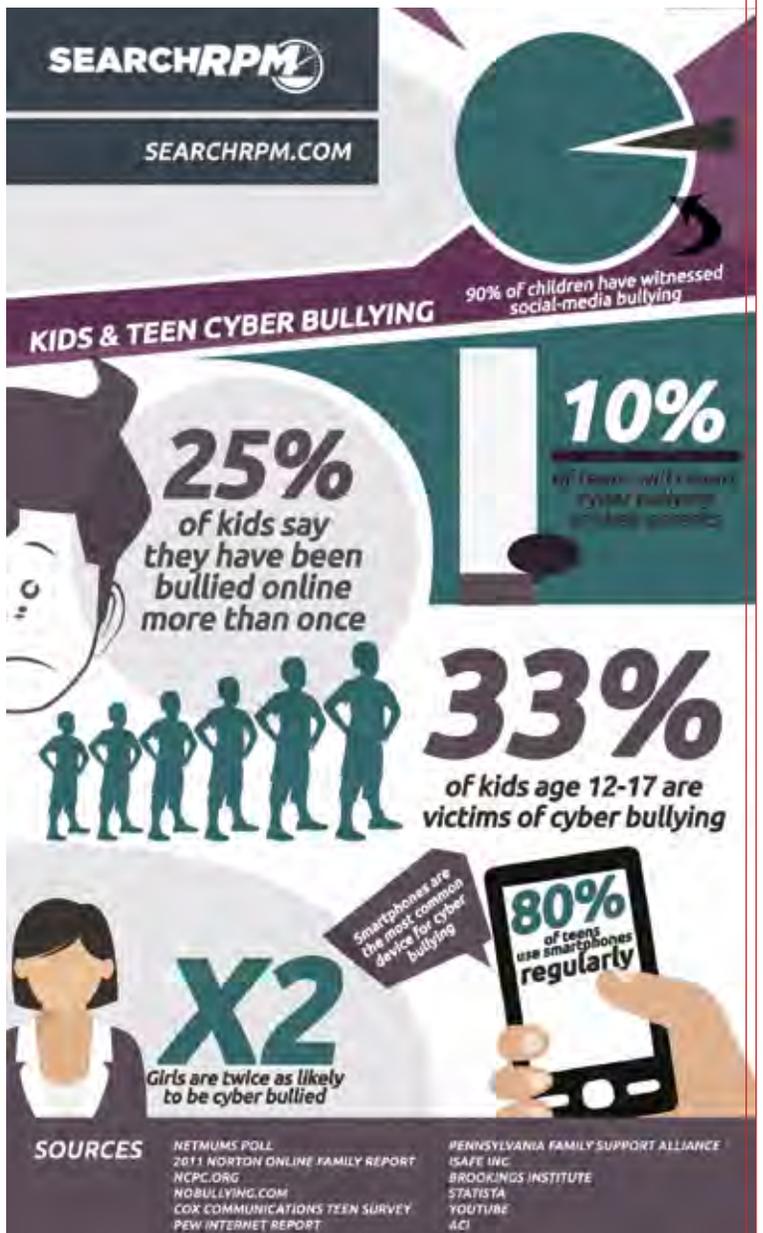
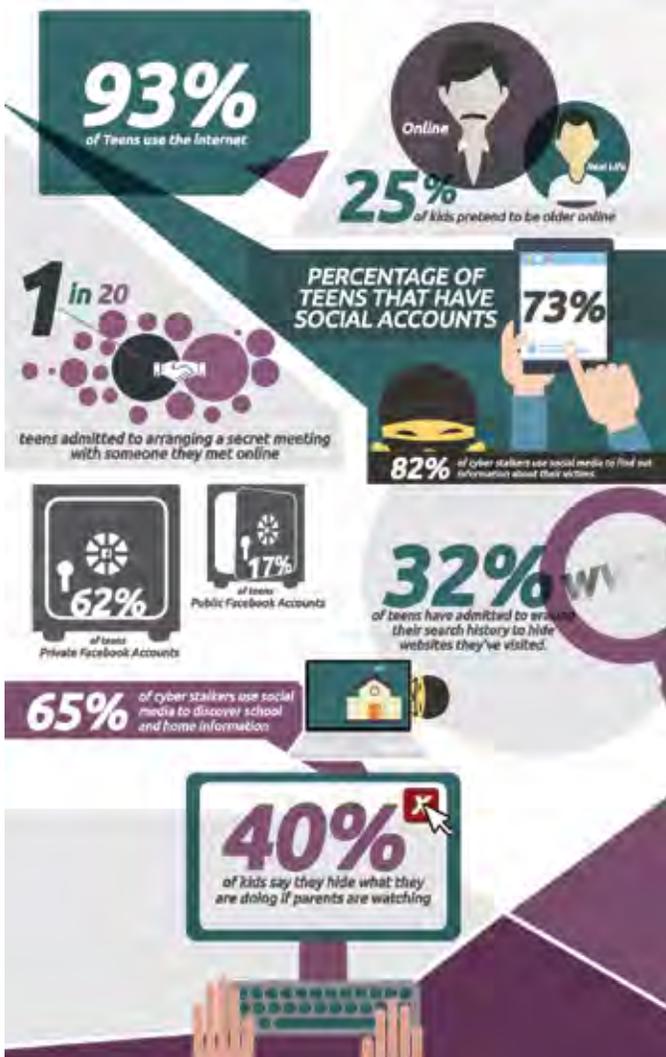
IS NOT ALWAYS TIME WELL SPENT

- Put the smartphone or tablet away or turn it off during certain hours of the day
- Decide in advance which TV shows to watch and turn the TV off when those programs are over
- Take part in other activities, such as board games or exercise
- As a parent, be a good role model and limit your own screen time!

By most accounts, technology is a good thing. Computers and tablets are valuable in the workplace, at school and even at home to help kids with homework. Smartphones give us peace of mind knowing that we can stay in contact with our family, friends and co-workers as needed. And, even television has its purpose in providing entertainment with which to relax. However, like any good thing, too much is simply too much—too much technology is too much screen time for our good health.

Be mindful of the time you and your family are spending online and in front of the TV and make mindful choices to swap out screen time for more productive, more health-conscious activities. ■

UNBELIEVABLE STATISTICS ABOUT KIDS & TEENS ON THE INTERNET





HEART DISEASE Is A Women's Health Issue Too!

Many people think of heart disease as a man's disease. It's definitely not.

Coronary artery disease (CAD), the most common form of heart disease, kills more women than all cancers combined. CAD claims the life of one woman every minute and a woman's risk of coronary artery disease increases with age.

The Coalition of Labor Union Women (CLUW), a non-partisan organization for union women, is peeling back the misconceptions about CAD through their new Go Spread the Word awareness campaign. The campaign puts women's heart health and heart disease at the "heart" of a national discussion on women's health issues.

Coronary artery disease is a build-up of plaque in the arteries that supply blood and oxygen to the heart. The plaque build-up narrows the arteries and decreases the amount of blood entering the heart, therefore decreasing the heart's ability to function. CAD can cause chest discomfort, shortness of breath, abdominal pain or weak-

ness and can ultimately lead to heart attack, heart failure, arrhythmia, or death. CAD is serious and the danger it poses to women has been grossly underestimated.

The main reason CAD tops of the list as a leading cause of death in women is because its symptoms can be completely different in women than in men and are often overlooked. While men often experience CAD symptoms in the form of chest pain and shortness of breath, women can also experience symptoms that could be passed off as heartburn, stress or anxiety.

The symptoms of CAD (in men and women) can include:

- ♥ chest pain
- ♥ shortness of breath
- ♥ generalized weakness, dizziness, or lightheadedness
- ♥ nausea with or without vomiting
- ♥ heartburn, indigestion, or abdominal discomfort
- ♥ awareness of heartbeat (palpitations)
- ♥ tightness or pressure in the throat, jaw, shoulder, abdomen, back, or arm
- ♥ a burning sensation in the upper body

Further complicating the diagnosis of CAD in women is the fact that

it is more challenging to diagnose CAD in women through typical testing measures and the side effects from those tests are greater in women than in men. Since women have more breast tissue and smaller hearts, CAD tests aren't always accurate, often creating false positives and calling for more testing. Some of the scans used to diagnose CAD expose patients to radiation therefore performing multiple scans exposes patients, namely women, to multiple large doses of radiation, sometimes unnecessarily. Radiation is known to damage breast tissue and increase the risk of cancer, so common practice is to limit exposure as much as possible.

However, the benefits of testing and early diagnosis can mean the difference between life and death. If you have had any of the above symptoms or even have a family history of heart disease, you should discuss your heart health with your health care providers. There are several testing options, each with their own benefits and risks, and your doctors will be able to decide which one is right for you. The most important thing to remember is that ignoring possible warning signs poses the greatest risk of all!

For more information, including a discussion guide for you to share with your health care providers, visit www.gospreadtheword.com. ■

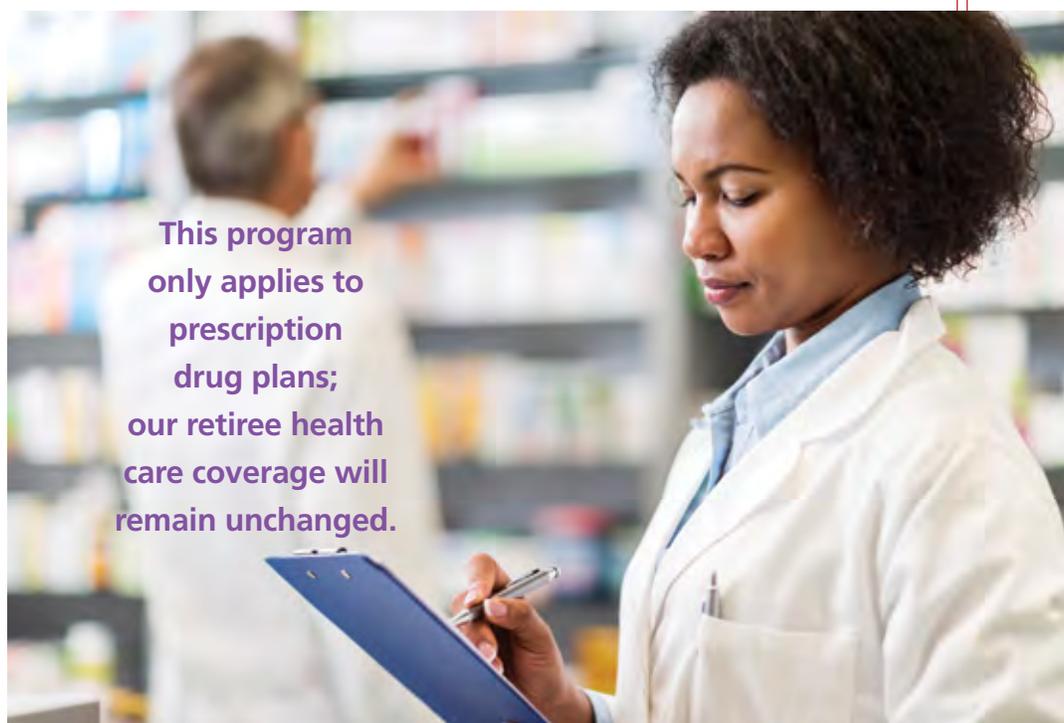
EWTF to Take Advantage of Cost Savings Through New Federal Drug Program

As of January 1, 2016, all Medicare-eligible members and dependents enrolled in our EWTF retiree health care and prescription drug coverage plan will receive their prescription drug benefits through SilverScript Insurance Company, a subsidiary of CVS Health. This change will take place automatically. You will not need to fill out any forms, and the benefits you will receive through SilverScript will be comparable to the prescription drug benefits you enjoy today, if not the exact same.

This switch to SilverScript is due to a new program created by the federal government for all Medicare-eligible retirees and eligible dependents that offers a considerable savings to employer-sponsored health plans such as our EWTF. The program, called Employer Group Waiver Plan or EGWP for short, was created through the Affordable Care Act and enables employer-sponsored plans to save money by allowing for Medicare Part D to bear some of the expense for retirees' prescription drug plans. This program only applies to prescription drug plans; our retiree health care coverage will remain unchanged.

SilverScript is a Medicare-approved drug plan and participants can take comfort in knowing their benefits will continue to be comprehensive. Your Trustees reviewed the benefits of EGWP in great detail to ensure that the benefit level that you are used to as a valuable member of the EWTF will continue as we transition to SilverScript. We are pleased that we will be able to continue to offer our retirees full prescription drug benefits while enjoying a significant cost savings.

If you are a Medicare-eligible retiree (or Medicare-eligible dependent of a retiree) participating in the EWTF, you will be receiving a significant amount of material relating to this new program in the coming months. Bear in mind that once the initial enrollment process is completed, you will probably notice little difference (if any) between your previous prescription coverage and your new coverage with SilverScript. If you should have any questions, please contact the pharmacy benefit resource at the EWTF office at 301-731-1050. ■



This program only applies to prescription drug plans; our retiree health care coverage will remain unchanged.

New Member Portal

Introducing a new website for members and their families that is easy, convenient, and secure.



Use your smartphone, tablet, or PC to review benefits information like **Work History, Health Claims, Eligibility** and more. Creating an account is simple, access is granted through self-authentication with just a few pieces of information so **Sign Up Now!** Look for the **“quick link”** on our page at **EWTF.org**.

If you need help signing up, directions can be found on the Create Account page of the Member Portal.

In Their Own Words

Michael D. Toman, is the president of MEGA Power Electrical Services, Inc. and has been a trustee to our Local 26 Pension Trust Fund since 2008. He describes the role of a Pension Fund trustee in his own words.



Q. Why did you want to serve as a Trustee to the Pension Plan?

A. I have always believed in giving back to an industry that has provided so many rewarding opportunities to me. My career has reflected my commitment to the industry by my many years of volunteer service to the National Electrical Code (NEC) serving on Codemaking Panel Two and the Technical Correlating Committee representing NECA, and by my service as a Board Member and Officer of our Washington D.C. NECA Chapter.

Q. What has been the most rewarding part of serving as a Trustee?

A. There are many rewarding aspects of serving as a Pension Fund Trustee but most importantly being able to help grow and protect a pension fund that provides the expected pension benefits to the many members who depend on the Trustees to responsibly oversee the fund and preserve their future security.

Q. What are the specific challenges the Trustees to the Pension Plan face?

A. First and foremost is maintaining and managing a fiscally healthy and financially secure pension fund plan that continues to provide benefits to our members for the foreseeable future. Our Trustees are certainly challenged by the need to closely monitor the performance of our investments

through our managing consultants and investment managers to ensure the adequate strength of the fund. This is done hand in hand by also working with the tools provided to the Trustees for support in the decision-making process such as the Fund legal counsel, Fund auditor, Fund consultants and actuaries, and of course, the Fund manager and the Trust Fund staff which completes our well versed and experienced team.

Q. How is it different to be a Trustee to the Pension Plan versus the other plans?

A. Although I have not served on any other fund I would think that the Pension Fund Trustee is unique in that we are tasked with having to oversee the largest by far of all of the trust funds.

Q. What has been your proudest accomplishment as a Trustee to the Pension Plan?

A. Being a part of our efforts to return the growth and financial integrity of the fund required in order to rebound from the economic downturn that negatively affected the fund as a result of the 2008 economic plunge is something I am proud of.

Q. What are your goals as a Trustee to the Pension Plan?

A. Of course the goals must be to preserve, protect and defend the future financial soundness and

perseverance of the fund in the course of the maintenance of the Pension Plan.

Q. What would you like the members to know about the Trustees, the work they do and the Pension Plan?

A. I would hope that the members can appreciate the time and effort that is required in order to maintain the performance of the Pension Fund and certainly the dedication of the Trustees, who volunteer to serve in this capacity, to the continued success of the Pension Plan.

Q. What do you believe to be the biggest misconception about the Pension Plan?

A. Probably, the biggest misconception about the Pension Plan is that it runs itself and is automatically growing and remaining the strong financial pension fund that it is all on its own. Reality shows the need for and the extreme importance of having responsible Trustees, together with a qualified professional and all-encompassing support team, to help make the right decisions that are absolutely mandatory in these all-too-fragile economic times.



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About **1 in 8** U.S. women will develop invasive breast cancer over the course of her lifetime.

In 2015, an estimated **231,840 new cases** of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 60,290 new cases of non-invasive breast cancer.

That could be your wife, mother, sister, daughter, grandmother, granddaughter, niece, aunt, cousin, friend or co-worker.

And **women are not alone** in the fight against breast cancer...

About **2,350 new cases** of invasive breast cancer are expected to be diagnosed in men in 2015.

October is Breast Cancer Awareness Month.

SUPPORT those fighting the disease

ENCOURAGE everyone you love to get a mammogram

STOP the spread of breast cancer through early detection