



## October is National Breast Cancer Awareness Month

Employers can play a key role in supporting their employees to get preventative breast cancer screenings they need to reduce their risk of getting breast cancer. Worksite policies promote a corporate culture of good health. In addition an employer's health benefits can affect an employee's willingness to seek preventative services and clinical care. Here are actions any employer can take to create opportunities for employees to reduce their risk of breast cancer.

### Ways Employers Can Help:

- Educating employees about national guidelines and the need to be screened
- Hosting onsite events to promote screening, and offering incentives to employees to participate in screening programs
- Provide sick leave or flextime for employees who need screening or follow-up visits
- Reduce out-of-pocket costs for breast cancer screening
- Require health plans to send reminders to both employee members and providers about breast cancer screening or add reminders about breast cancer screening to regular messages to employees (e.g. on paycheck stubs or birthday cards)

### General information (*American Cancer Society Cancer Facts and Figures 2014*)

- In 2014, it is estimated that 232,670 U.S. women will be diagnosed with invasive breast cancer and 40,000 will die from the disease
- Increasing age is the greatest risk factor for women
- Modifiable risk factors include moderate or vigorous physical activity and maintaining a healthy body weight
- Regular mammograms can result in the diagnosis of breast cancer at an early stage when it is most treatable, reducing breast cancer mortality, and avoidable treatment costs
- Breast cancer ranks second as a cause of cancer death in women (lung cancer is first)
- Mortality rates have steadily decreased since 1990

### Maine information

- In 2010 there were 1,113 diagnosed cases of breast cancer in Maine women, and 195 deaths from breast cancer (*Maine Annual Cancer Report, 2013*)
- 79.6 % of 3,670 Maine women, age 40 and older, reported a mammogram in the past two years (*2012 Maine BRFSS*)

### Maine CDC Breast and Cervical Health Program (MBCHP) Information

- MBCHP provides free breast and cervical cancer screening to women that qualify
- Eligibility is based on age, income and health insurance status (uninsured or underinsured)
- MBCHP has a statewide network of 130 Primary Care Provider sites that perform breast and cervical cancer screening services (clinical breast exam, pelvic exam, Pap test and referral for mammogram) at no cost to the client

For more information visit <http://www.maine.gov/dhhs/mecdc/population-health/bcp/>

To enroll, women should call 1-800-350-5180, press 1.

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## October Health Observances

- ◆ [Domestic Violence Awareness Month](#)
- ◆ [Eye Injury Prevention Month](#)
- ◆ [Health Literacy Month](#)
- ◆ [National Breast Cancer Awareness Month](#)
- ◆ [Mental Health Awareness Week](#) (6-10)
- ◆ [National Depression Screening Day](#) (9)
- ◆ [Bone & Joint Health Awareness Week](#) (12-20)

## November Health Observances

- ◆ [American Diabetes Month](#)
- ◆ [COPD Awareness Month](#)
- ◆ [Lung Cancer Awareness Month](#)
- ◆ [National Healthy Skin Month](#)
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- ◆ [Great American Smokeout](#) (20)



Paul R. LePage, Governor

Maine Center for Disease  
Control and Prevention  
An Office of the  
Department of Health and Human Services

Mary C. Mayhew, Commissioner

## Domestic Violence Awareness Month

Domestic Violence is a deliberate and ongoing pattern of behavior used by one person to control the actions and feelings of an intimate partner or family member. It touches people of all ages, genders, and races. It can take many forms including:

- Physical
- Sexual
- Psychological
- Emotional

### Facts on the Workplace and Domestic Violence

Domestic Violence is a serious, recognizable and preventable problem that affects businesses and their bottom lines. It can follow victims to work, spilling over into the workplace when a victim is harassed, receiving threatening phone calls, absent because of injuries, and less productive due to extreme stress. Nearly 33% of women killed in U.S. workplaces between 2003 and 2008 were killed by a current or former intimate partner.

A 2005 phone study of female employees in Maine who experienced domestic violence found that:

- 98% had difficulty concentrating on tasks
- 96% reported that domestic violence affected their ability to perform their job duties
- 87% received harassing phone calls at work
- 78% reported being late to work because of abuse
- 60% lost their jobs due to domestic abuse

The U.S. Centers for Disease Control and Prevention estimate that the annual cost of lost productivity due to domestic violence equals \$727.8 million, with over \$7.9 million paid workdays lost each year.

### Create a Comprehensive Workplace Response to Domestic Violence

- Develop a working relationship with your local domestic abuse organization (click [here](#) to find your local domestic violence organization)
- Create a domestic abuse response team within your organization
- Develop and roll out a Non-Violence Policy Statement
- Implement an employee awareness campaign
- Emphasize what to do if someone you know is being abused
- Be an active community leader in helping to end domestic violence

### For more information:

- ◇ [Maine Coalition to End Domestic Violence](#)
- ◇ [Responding to Domestic Violence Abusers in the Workplace: A Video Toolkit for Employers 2012](#)

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## Additional Resources

### REVIEW THESE SAFETY TIPS

#### Domestic Violence Awareness Project



#### Maine Coalition to End Domestic Violence



**National Domestic Violence Hotline:**  
**1--800-799-7233 or**  
**TTY 1-800-787-3224**

**Maine Domestic Violence Hotline:**  
**1-866-834-4357**  
**TTY 1-800-437-1220**

