

Attorney General Bill Schuette's **SeniorBrigade** A MICHIGAN SENIORS INITIATIVE



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HEALTH

Click [here](#) for a list of the Top 100 websites dedicated to senior health!

In addition to [health resources](#) available on our website, here are some additional helpful websites for staying on top of your health and wellness:

[NIH Senior Health](#)

[Choosing Quality Care](#)

[Staying Healthy](#)

[Getting Safer Care](#)

[Understanding Diseases and Conditions](#)

[Comparing Medical Treatments](#)

[Personal Health Tools](#)

[Quick Guide to Healthy Living](#)

[Health News](#)

[Health Resources A-Z](#)

October is National Breast Cancer Awareness Month

This October, National Breast Cancer Awareness Month ([NBCAM](#)) will be celebrating over 25 years as a resource for breast cancer patients, survivors, caregivers, and the general public.



National Breast Cancer Awareness Month

The NBCAM is dedicated to educating and empowering women to take charge of their own breast health by practicing regular self exams, scheduling regular doctor visits and mammograms, adhering to prescribed treatment, and knowing the facts about recurrence.

Get the Facts

Breast cancer is the most common form of cancer among women in the U.S. (regardless of race or ethnicity).*

In 2007: 202,964 women were diagnosed with breast cancer, and 40,598 women died from this disease.

**Not including some types of skin cancer.*

For more information from the Centers For Disease Control and Prevention click [here](#).

Senior Brigade Guide



The revised Senior Brigade Guide, *Protect Yourself: Protect Your Future*, is now available on our [website](#). The guide offers information on how to avoid becoming a victim of scams and fraud.

Organizations may request a print copy of the guide by sending an e-mail to miseniorbrigade@gmail.com. Please include a mailing address and contact information.