



October is **Breast Cancer Awareness** month. During this month the hope is to educate everyone on the disease from understanding signs and symptoms, the risk factors, why screenings are important, and the resources available to all for help if diagnosed. Breast cancer, especially when detected early, is treatable!

We have a survivor who works for the City of Rahway who was kind enough to share her story with everyone to remind us all that breast cancer can impact at any time, any age, and the importance of screenings. Amanda Figueiredo's diagnosis was rare, as she was a young mom of 2 who breastfed but at the age of 30 she found out she had breast cancer. Everyone's battle is different as there are a variety of treatments, screenings, and outcomes, but remission is possible, especially with early detection. Amanda's journey of recovery is not over. She has shared her process of diagnosis to chemotherapy, her hair loss, her partial mastectomy, radiation treatment, and numerous doctor's visit post treatment with all her friends on Facebook and now you. One aspect she is also not shy of speaking on is the mental load that having breast cancer brings. Having a network of professionals as well as family and friends to help support you is important. Amanda kept her sense of humor throughout the journey as much as possible and wasn't afraid to open up and share her story, which we hope brings you to speak out and get checked yourself, men too! Breast cancer isn't as common in men, but it does affect 1 out of every 100. We hope you learn a thing or two from Amanda's story

