



Pacific Noble **Primary Care**

Compassionate | Comprehensive | Accessible

October Health Awareness Month

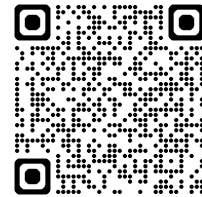
Breast Cancer & Mental Health Screening

Breast Health Matters

Early detection starts with awareness. Performing regular **Breast Self-Exams** (BSEs) helps you become familiar with what's normal for your body and more likely to notice changes early. Breast cancer is most treatable when found early and you are your best first line of detection.

View our [BSE Guide](#) or [Patient Resources](#) page for more information:

"Nearly 80% of young women with breast cancer find their own breast abnormalities."



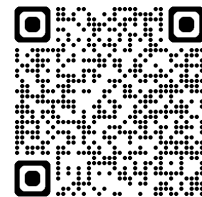
Mental Health & Well-Being

Mental and emotional well-being are essential to your whole-person health. This month, we're highlighting the importance of routine mental health screenings and genetic testing to support early identification of anxiety, depression, mood-related changes, and proper medication outcomes.

Learn more about **Genetic Testing** for medication outcomes or **Mental Health Patient Resources**:

Confidential, free, 24/7/365 help available:

- **Call or Text 988**



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