

October is Breast Cancer Awareness Month

It's time to prioritize your health and take action.

At Mount Nittany Health, we offer a comprehensive range of services, from advanced diagnostic imaging to surgery, oncology and recovery care. Our state-of-the-art 3D mammography technology delivers a clearer, more precise view of breast tissue, aiding in earlier cancer detection and minimizing unnecessary follow-up appointments.

If it's been a year since your last screening mammogram, now is the time to schedule — appointments are available at Mount Nittany Health.

If a cancer diagnosis is made, you won't navigate it alone. Our Oncology Patient Navigators stand by your side to streamline your care, connect you with helpful resources and provide support for your physical, emotional and daily needs — all at no charge to you.

**What you can do today:
Conduct a self-breast exam.**

Familiarize yourself with how your breasts typically look and feel. Routine self-checks can help you detect changes sooner. Should you notice a lump, thickened tissue or any unusual differences, reach out to your healthcare provider promptly.

