



October 20, 2021

In this week's email, we are providing information on:

- **How to keep online shopping under control.**
- **Registration for the upcoming “*Our Money Personalities: What Really Drives our Finances*” webinar, and the *Savvy Spender* webinar.**
- **How taking the *America Saves Pledge* and *The Coin Challenge* can help, you meet your financial goals.**
- **Breast Cancer in Men, and the Associated Risk Factors.**
- **On-Demand short videos provided by Susan G. Komen on a variety of Breast Cancer topics.**
- **Participating in the Wellness Works! Annual PINK OUT.**

How to Keep Your Online Overspending Under Control



When your favorite online retailer is having a sale, it is easy to spend a little more when all you have to do is enter a credit card number. To avoid this bad habit, try these habits for a healthy relationship with online shopping.

1. Shop With a List

Shopping with a list is an old trick for limiting grocery and other purchases to what you need. It works just as well online. Before you fill your cart, write down a list of exactly what you need or want to buy and how much you are willing to spend.

2. Look at Your Current Bank Balance Before Shopping

What is wonderful about the internet is that it is not just shopping that is online. Your bank account balance is also. Review your bank account before you start shopping to know what you have in your account. Keep in mind that some debit card purchases may take a few days to post.

3. Establish a 2-Minute Rule

Step away from the item for two minutes and read an article. Then return to the store site and see if you still want it.

4. Write out a Weekly Budget

The more you use a budget, the less likely you are to overspend. Write out a budget for the week and see where what you would like to purchase fits in. Do you have the cash on hand? Will you have the money if you wait a week? Is there an event you need the item for that presents urgency to complete the purchase now?

5. Recalculate Your Budget After Each Individual Item Purchase

Look at the money you have for extra expenses. For instance, let us say you have a set clothing budget and spend most of it between two sites. You'll want to deduct the money you spent on these sites from your budget before thinking about what you want to spend at a third online store.

Information provided by Enrich

October is Breast Cancer Awareness Month

Breast Cancer in Men

This week Wellness Works! Is spotlighting key facts about Breast Cancer in Men.

Coming up next week we will provide information on the Warning Signs of Breast Cancer in Women, What are Risk Factors?

Breast Cancer can start in both women and men. Both women and men have breast tissue, and those cells can turn into cancer. Still, Breast Cancer is very rare in men.

Key points about Breast Cancer in men:

- Though it is rare, men can get Breast Cancer.
- The most common type of Breast Cancer in men is infiltrating ductal cancer. This cancer starts in milk ducts and spreads to nearby tissues.
- Common symptoms of Breast Cancer in men are a breast lump or swelling, changes in the skin over the breast, or a nipple that turns inward (inversion).
- The main treatment for male Breast Cancer is surgery. The most common surgery is a mastectomy, which removes the breast tissue.

Which men are at risk for Breast Cancer?

A risk factor is anything that may increase your chance of having a disease. Risk factors for a certain type of cancer might include smoking, diet, family history, or many other things.

Risk factors for Breast Cancer in men include:

- Being age 60 or older
- Radiation exposure, such as from radiation used to treat another cancer in the chest
- Heavy use of alcohol
- Obesity
- One or more female or male relatives have Breast Cancer

- A Breast Cancer 2 (BRCA2) gene mutation in the family

For More Information visit: [University Hospitals](#)

On Demand Videos

Wellness Works invites you to watch the following videos provided by Susan G. Komen on information related to Breast Cancer.

[Click here](#) to view the following short informational videos:

- Breast Cancer 101 Breast Cancer Statistics and Risk Factors:
Breast Cancer Incidence in the U.S.
- Breast Cancer Mortality in the U.S
- Risk Factors Overview
- Genetic & Family History Risk Factors
- Health & Medical History Risk Factors
- Estrogen Related Risk Factors
- Lifestyle Related Risk Factors



**Wellness Works! Annual
the City of Cleveland**

Friday October 29, 2021

The Wellness Works! Program is sponsoring a “PINK OUT DAY”
in support of Breast Cancer Awareness Month.

**Wellness Works! Is inviting you to show your support, and wear
something PINK!**

Wellness Works! Annual PINK OUT photos

This year if the weather permits, Wellness Works! Is scheduling group photos on the front steps of Cleveland City Hall for participating departments showing their pink support. We will send information to each department's Wellness Ambassador to coordinate and schedule your time for your photo.

If you are not comfortable in a group setting, that is ok! Feel free to take a selfie and send it to the [Wellness Works email](#), where it will be featured in our weekly email blast.