

WELLNESS ARTICLE



OCTOBER 2026

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October is Breast Cancer Awareness Month, a time to raise awareness, encourage early detection, and remind everyone to prioritize their health.

Breast cancer is one of the most common cancers among women, but early detection can make a meaningful difference in treatment and outcomes. Understanding your risk, recognizing changes in your body, and staying up to date on recommended screenings are important steps toward protecting your health.

Know Your Risk

Several factors can influence breast cancer risk, including age, family history, inherited genetic changes, and certain lifestyle factors. While breast cancer is more common in women, men can also develop the disease. Having no family history does not mean you are risk-free.

Make Screening a Priority

Mammograms are an important tool for detecting breast cancer, sometimes before symptoms appear. The U.S. Preventive Services Task Force recommends that women ages 40 through 74 at average risk receive a mammogram every two years. Individual screening needs may vary, so talk with your healthcare provider about the schedule that is right for you, especially if you have a family history or other risk factors.

October is ADHD Awareness Month, an opportunity to raise awareness, reduce stigma, and promote understanding of attention-deficit/hyperactivity disorder (ADHD). ADHD is a neurodevelopmental condition that can affect attention, organization, impulse control, and activity levels in both children and adults.

Symptoms vary from person to person and may include difficulty concentrating, forgetfulness, restlessness, and challenges with time management. ADHD is more than simply being distracted, and understanding its impact can help individuals receive the support they need.

With proper diagnosis and personalized treatment, people with ADHD can successfully manage their symptoms and thrive in their daily lives. This October, take time to learn about ADHD, encourage open conversations, and remind those affected that support is available.



Join Our October Health Talks!

Join us for our next Health Talk on November 4 from 12–1 p.m. to understand and learn more about Autism.

Visit [QPICSA.com](https://www.qpica.com) and click the Health Talk banners on the homepage to learn more and sign up!



Need a Primary Care Provider?

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Healthy Recipe

Healthy Fall Harvest Bowl

Enjoy the flavors of fall with this colorful, nutrient-packed bowl featuring roasted sweet potatoes, Brussels sprouts, quinoa, cranberries, and pecans.

Ingredients

- 2 cups sweet potatoes, cubed
- 2 cups Brussels sprouts, halved
- 1 cup uncooked quinoa
- 2 tablespoons olive oil
- ¼ cup dried cranberries
- ¼ cup chopped pecans
- 2 tablespoons balsamic vinegar
- Salt, pepper, and garlic powder to taste



Directions

1. Preheat the oven to 400°F.
2. Prepare the vegetables. Toss sweet potatoes and Brussels sprouts with olive oil, salt, pepper, and garlic powder.
3. Roast for 20–25 minutes, or until tender and lightly browned.
4. Cook the quinoa according to package directions.
5. Assemble your bowls. Divide the quinoa and roasted vegetables among four bowls. Top with cranberries and pecans, then drizzle with balsamic vinegar.

Healthy tip: Make this bowl a complete meal by adding grilled chicken, chickpeas, or tofu for extra protein. For less added sugar, choose unsweetened dried cranberries.

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