

**OCTOBER  
BREAST CANCER  
AWARENESS MONTH**



**WE ARE IN THIS TOGETHER  
“WEARING THE PINK”**

## KEY FACTS



Breast Cancer is by far the most common cancer in women worldwide



Breast Cancer among South African women is increasing



Breast Cancer predominantly affects women, but it can also affect men



Early Detection is the Best Protection

## CHECK YOUR BUMPS FOR LUMPS



Every woman needs to examine her breasts and underarms regularly every month, to check for any changes to her breasts. This assists in detecting cysts or other benign breast problems between check-ups



If you notice ANY change in your breasts during self-exams, let your doctor know



Preventive screening: Have a mammogram. This is an x-ray examination of the breast used to detect and diagnose breast cancer, including a tumour not yet large enough to be felt. Stick to a regular screening schedule

## RISK FACTORS



The 3 main risk factors for developing breast cancer are: Being female, getting older and having a significant family history of breast cancer



Other possible risk factors are exposure to oestrogen if you started periods before the age of 12, or had a late menopause. Being overweight after menopause, having had breast cancer before, drinking alcohol, smoking, lack of physical exercise and a diet high in fat. HRT( hormone replacement therapy) is also thought to increase the risk of developing breast cancer. Discuss HRT with your doctor



Reduce your risks by making changes to your lifestyle. Maintain a healthy weight, eat healthily, exercise, restrict your alcohol intake, stop smoking

## **KNOW YOUR MEDICAL RIGHTS** **MAMMOGRAMS**

### **DISCOVERY:**

Executive, Comprehensive, Priority, Saver, Smart and Core plans

- Mammograms are done out-of-hospital
- Paid for from your screening benefit up to the Discovery Health Rate
- Any consultations and related costs after the screening test, are paid for from available day-to-day benefits
- Can be done once every 2 years

KeyCare series

- Covered on the KeyCare Plus plans
- Paid for if your chosen GP in the KeyCare GP network requests it.

### **UNITY HEALTH**

- Not covered
- Use State facilities

**WE ARE IN THIS TOGETHER**  
**“WEARING THE PINK”**