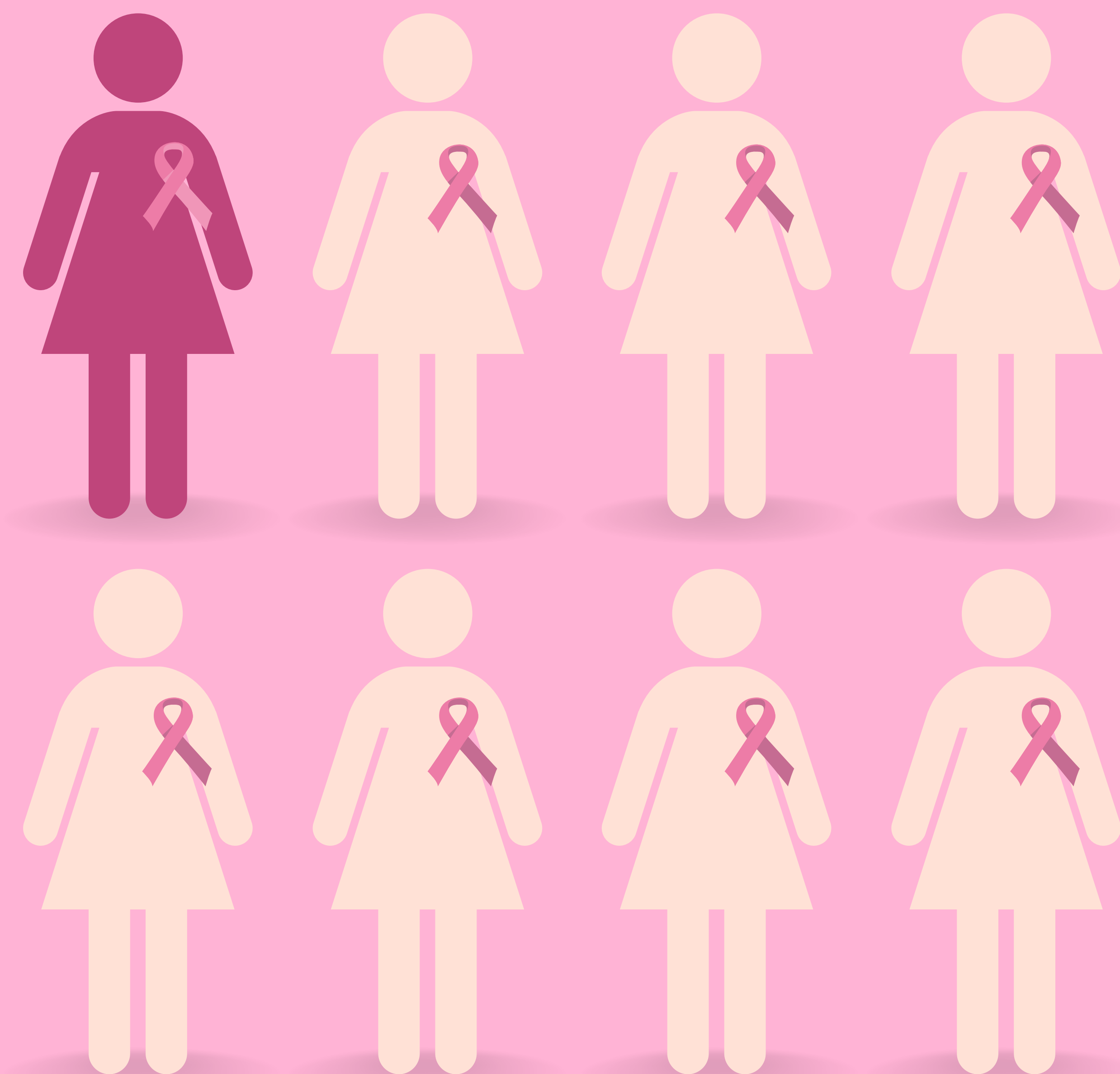




PAN-AFRICAN
MANAGED CARE

Fighting together against breast cancer



OCTOBER 2022



Breast Cancer Awareness Month

Apart from non-melanoma skin cancer, breast cancer is the most common cancer in women of all races, with a lifetime risk of 1 in 27 in South Africa, according to the 2019 National Cancer Registry (NCR). Both breast and cervical cancer have been identified as a national priority with increasing incidences occurring. While not all breast lumps indicate cancer, they should be investigated, especially if accompanied by other changes in breasts or the under-arm area, such as lumps, texture changes, thickening, dimpling, changes in shape or size of nipples or breasts, tenderness, discharge, rash or swelling, or one breast suddenly being slightly larger than the other.



Research has shown that a regular Breast Self-Examination (BSE), plays an important role in discovering breast cancer, compared to finding a breast lump by chance. A BSE should be done once a month, preferably at the same time of day, following a woman's menstrual cycle. A Clinical Breast Examination (CBE) is a visual and manual examination of the entire breast, from the collarbone to the bra line, and from the armpit to the breastbone. It is advisable to have a CBE as part of your annual medical check-up.



PAN-AFRICAN
MANAGED CARE



Women are entitled to an annual clinical breast examination when visiting primary health care centres (Clinics or Family practitioners) (according to the National Department of Health's Breast Cancer Control Policy),". A mammogram (a special x-ray to detect lumps in the breast), does not prevent breast cancer, however, can save lives by finding breast cancer as early as possible. Women from the age of 40 should go for an annual mammogram, for purposes of non-symptomatic breast screening. Women 55 years and older, should have a mammogram every two years – or if they choose, continue with an annual mammogram.