

**Risk factors** – the following factors increases the risk of breast cancer:

- Being a woman
- Risk increases with age
- Family history of breast cancer
  - Genetics
- Personal history of breast cancer
- Radiation to the chest or face before age 30
  - Certain breast changes
    - Being overweight
  - Exposure to chemicals
- Unhealthy eating habits
  - Low vitamin D level
    - Smoking
  - Lack of exercise
- Having dense breasts
- Drinking alcohol



# BREAST CANCER

OCTOBER IS BREAST CANCER AWARENESS MONTH

Women have a 1 in 33 lifetime risk of getting breast cancer

Information courtesy of CANSA.org



## SYMPTOMS

- \* Lumps
- \* Pulled in nipple
- \* Dimpling
- \* Skin changes
- \* Redness / rash
- \* Dripping

### MYTH vs FACT

I am too young to get breast cancer		Many women who are under 40 are diagnosed with breast cancer
Men can't get breast cancer		1 in 1 249 men have a lifetime risk of breast cancer
Alcohol is not linked to breast cancer		Alcohol use increases the risk of breast cancer
Only women with a family history of breast cancer are at risk		All women are at risk, but family history increases the risk
I have never had children, so I can't get breast cancer		Women who have never had children, or only had them after 30, have increased risk of breast cancer

**WCMAS Benefits:** *WCMAS*  
 Breast cancer is a PMB condition which means that your treatment is paid from the pool account. This is however, subject to treatment protocols. Please confirm with us which tests are covered by the scheme, and how many per year, before you go for diagnostic tests.

### What can you do?

- Do monthly breast self-examinations
- Go for regular clinical breast examinations
- Symptom free women should go for a mammogram every year from age 40