

Cancer Awareness for Women



Breast Cancer

Breast cancer is a harmful growth that begins in the tissues of your breast. The earlier breast cancer is detected, the more treatment options there are available, and the greater the chance of long-term survival.



What are the symptoms?

- A lump, or thickening in your breasts, the armpit, the nipple above and below the collarbone.
- Swelling, warmth, redness or darkening of skin on your breasts, above and below the collarbone and in your armpit.
- Change in the size or shape of your breast.
- Dimpling or puckering of the skin on your breasts, above and below the collarbone and in your armpit.
- Itchy, scale painful rash on your nipple.
- Indenting of your nipple (when your nipple hollows in).
- Nipple discharge (pus coming out of your breast).
- New pain in one area.



How can I get tested for breast cancer?

- A clinical breast examination (CBE) is a physical examination of your breasts by a healthcare provider. It is used to check for lumps, changes, and other breast problems. We suggest you have a CBE as part of your annual medical checkup.
- You can do a breast self-examination (BSE) which means you inspect your breasts on your own to check for signs and symptoms of breast cancer. When your breasts start to develop, perform a BSE, at the same time each month, approximately one week after your period. If you no longer menstruate, pick the same day each month.
- A mammogram is a breast X-ray that detects cancer in the breast even before a lump is felt. You should go for a mammogram from the age of 40 years old, annually, unless your healthcare provider suggests otherwise.

Where can I get tested for breast cancer?

You can get tested for breast cancer at any of our medical facilities.

If you are unsure where to go for screening, contact our Case Management team for guidance on **014 590 1700** or **080 000 6942** or email: plathealth@platinumhealth.co.za.

We've got you covered

We offer a comprehensive Cancer and Oncology Programme to you. If you are diagnosed with cancer and we authorise your cancer treatment, you are covered by the programme. You can contact our Case Management team who not only assist you with registering on the programme, but they will also guide you through your treatment plan every step of the way.