

OCTOBER

Health Ally

Alliance Health Newsletter October 2020 Issue

Think PINK!

October is breast cancer awareness month. A common sight in this month is the pink ribbon, which symbolizes awareness of this type of cancer. Breast cancer is one of the most common forms of cancer in women worldwide. The actual cause of breast cancer is not yet known, however certain positive lifestyle choices which include limiting alcohol intake, not smoking, eating more fresh foods/vegetables and exercising regularly and regular self checks help in reducing the risk.

It is important to be aware of the signs and symptoms of breast cancer; the most common ones being:

- Lumps in the breast / under the armpit
- Nipple changes or inversion of nipple
- Dimpled or depressed skin
- Tenderness or pain in the breast
- Swelling of all or part of the breast
- Discharge from the nipple

Early detection is key

When identified early, the chances of breast cancer responding to treatment is high. Besides going for clinical examination and having breast ultrasound scans/mammograms, regular self-examination to look for any of the above signs is also encouraged. Let's take a closer look at how to self-examine:



1. Check your breasts in the shower. It is easier to feel lumps when skin is wet or soapy

2. Stand and press your fingers into your breast, working around the breast in a circular motion.



3. Gently squeeze your nipples to check for discharge.

4. Examine your breasts while looking in the mirror, with your arms down, up and on your hips.



5. Lie down and repeat step 2. Put the hand of the side you want to examine behind your head.



Test your knowledge & WIN!

Here is a chance to test your breast cancer knowledge. Stand a chance to win a prize by answering the 5 questions below correctly. Send your answers to marketing@healthzim.com with your name & membership number.

Good luck!

1. Name any 2 common signs of breast cancer.
2. What is the symbolic colour for breast cancer awareness?
3. What is the recommended frequency of breast self-examination?
4. At what age should one start having mammograms?
5. Can cancer go away by itself without medical intervention or treatment?