

October is breast cancer Awareness month



According to the World Health Organization, breast cancer impacts 2.1 million women each year. In 2018, 15 per cent of all cancer deaths in women were due to breast cancer. But take note, men also develop breast cancer as the below information will show.

Fact vs. fiction

Distinguishing between fiction and fact when it comes to breast cancer awareness can be tricky, particularly if you don't personally know anyone who has/had it. Educate yourself with the below facts and fiction and spread the word this month.

Fact	VS	Fiction
Men also get breast cancer, as do young people.	VS	Only older women get breast cancer.
There is no scientific evidence that wearing a bra, wireless or not, causes breast cancer.	VS	Bra's cause breast cancer.
Science shows no link between breast cancer and deodorant or anti-perspirant use.	VS	Anti-perspirant or deodorant causes breast cancer.
Breast cancer can represent in a net-shape or small knots that are difficult to feel with fingers.	VS	Breast cancer always represents as a lump.
Most patients diagnosed with breast cancer had no family history prior to diagnosis.	VS	Having no history of breast cancer in your family, means you are not at risk of getting it.
Many healthy people develop breast cancer.	VS	A healthy lifestyle means you won't get breast cancer.
Mammography is the best option we have right now, but it isn't always effective in detecting breast cancer early.	VS	Annual mammograms are a guarantee that breast cancer will be detected in time.

Screening

The Centers for Disease Control and Prevention suggests the following:

- If you are a woman aged 50 and over, have a mammogram every two years to screen for breast cancer.
- If you have a history of breast cancer in your family, you can start having mammograms and/or MRI's from age 40.
- Self-examine monthly by using your hands to feel your breasts and underarms for irregularities. Report these irregularities to your health care provider.

You and your immediate family have access to the Lyra EWP which provides an omnichannel point of access.

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BREAST CANCER: KNOW THE RISKS

BREAST CANCER

Let's Fight together



Breast cancer is one of the most common cancers in women. Every woman is at some risk of developing breast cancer but there are many risk factors that can make one woman's situation differ substantially from another's. When you understand your own particular risk profile, you are in a better position to manage it.

A woman's risk of developing breast cancer increases with age. More than 3 out of 4 cases occur in women over the age of 50. A personal history of breast cancer is a risk factor for breast cancer recurrence or the formation of new breast cancer. In other words, if you have already had cancer in one breast, you have an increased risk of developing cancer in the other breast. A family history of breast cancer can have a significant impact on your risk, but don't automatically assume that any case of breast cancer in your family means that you are a highrisk candidate.

You have a higher chance of developing breast cancer if you have:

- A mother, sister, or daughter with breast cancer.
- Multiple generations of family members affected by breast or ovarian cancer.
- Relatives who were diagnosed with breast cancer at a young age (under 50 years old).
- Relatives who had both breasts affected by cancer.

Other risk factors include:

- Increased oestrogen exposure, as evidenced by a first menstrual period before age 13, late menopause (after age 55), or the use of hormone replacement therapy (HRT).
- Never having been pregnant or having your first pregnancy after the age of 30.
- Being overweight, especially after menopause.
- Drinking alcohol (cancer risk doubles with three or more drinks a day).
- Smoking cigarettes.
- Having a sedentary lifestyle with little regular exercise and an unhealthy diet.

Early detection is key

The good news is that the earlier breast cancer is diagnosed and treated, the greater the likelihood that it can be successfully treated.

It is important to be aware of regular and thorough methods of early detection. People whose cancer is diagnosed when the cancer is contained in the breast have a much higher five year survival rate compared to those where the cancer has already spread at diagnosis.

Women are recommended to perform monthly self-examinations in order to be familiar with the look and feel of their breasts. If you notice any changes, speak to your doctor immediately.

Speak to your doctor regarding which method of screening (and how often) is best for you. If you have a personal history or a family history of breast cancer, you may need to be screened more often.



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