



NEWSLETTER

October 2021

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BREAST CANCER AWARENESS DAY

Why a PINK ribbon?

A thin pink ribbon is used to signify that the cancer originated in the breast.



What does Metastatic mean?

Metastatic Breast Cancer Awareness Day on October 13 is a time to learn what sufferers are up against and how society can help. Metastatic means that what began as a case of early-stage breast cancer has metastasized or spread to other organs (lungs, bones, etc.) outside the breasts and is now considered stage four cancer. At this point, the only care option is to treat advanced cancer and its side effects, including anxiety; there is no cure for metastatic breast cancer as of this writing.

Treatments may include surgeries and chemotherapy and possible clinical trials of new drugs, which, along with other palliative care, can help improve quality of life and lengthen life span itself. Metastatic Breast Cancer Awareness Day is part of Breast Cancer Awareness Month. It presents an opportunity for us to increase awareness and visibility for those who are championing and fighting for scientific advances.

Medical Scheme Screening Benefits



Medical scheme members qualify for mammograms paid for from screening benefits. Contact Phoenix Healthcare Consultants to learn more about the benefits of your scheme.

Mayo Clinic recommends annual mammograms from age 40 years. Some females have mammograms every other year as a personal preference.

What you should know?

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit, or a discharge from the nipple. Even if none of these symptoms presents themselves, a doctor should be visited to be sure. A doctor will most likely perform a manual exam and send you for a mammogram. A mammogram examination is painless and only takes about ten minutes.

If any of these symptoms do present themselves, there's no need to panic. Plenty of time, pain or a lump in a breast can be perfectly harmless. The pain can be a sign of a cyst, or the lump can be benign. It's always better to be sure, though.

If the mammogram shows a lump, your doctor will order a biopsy. This test will show if the lump is benign (harmless) or malignant (cancerous). If the lump is cancerous, there's still no reason to panic. Early detection is a lifesaver. By way of a simple operation, the lump is removed, after which the doctor will discuss further options with you.

If you've never had a mammogram, make an appointment during breast cancer awareness month 2021. You can take a friend or family member with you and afterwards you'll have peace of mind.





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THANK YOU

SOURCE

<https://nationaltoday.com/metastatic-breast-cancer-awareness-day/>
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