

# TREASURE THE BREAST THINGS IN LIFE

THE CHANCES OF SURVIVING BREAST CANCER INCREASES WITH EARLY DETECTION.

Breast Cancer is **THE MOST COMMON CANCER** among women in Singapore.<sup>1</sup>



Breast cancer accounts for **3 in 10** cancer cases in females.<sup>2</sup>

**AVERAGE NO. OF BREAST CANCER CASES PER YEAR (2010-2014):**

**1,850**

women are newly diagnosed with breast cancer

**400**

die from the disease.<sup>3</sup>

**SCREENING TRENDS**



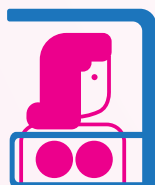
**2 IN 5**

women aged 50-69 years have gone for mammogram screening within the last two years<sup>4</sup>

## SO DON'T DELAY ANY LONGER

Take charge of your health and book your mammogram now!

### SCREENING TEST AND FREQUENCY



Women who are **50 to 69 years<sup>5</sup>** are recommended to go for a screening **mammogram** once every two years



### POST SCREENING

Follow up with a medical healthcare professional who can help:



- Explain the screening results to you
- Determine the appropriate follow-up based on your results
- Explain the costs (if any) and other claims you are entitled to, such as Medisave and Medishield Life.

<sup>1</sup> Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence in Singapore 2010-2014

<sup>2</sup> Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence in Singapore 2010-2014

<sup>3</sup> Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence in Singapore 2010-2014

<sup>4</sup> Health Behaviour Surveillance of Singapore (HBSS) 2015

<sup>5</sup> Women aged 40 to 49 years old are advised to talk to their doctor about the benefits and limitations of mammograms in this age group so that they can make an informed choice about going for screening. If you decide to get screened, you should go for a screening mammogram once a year until you are 50.

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