

# BREAST MATTERS

**THE CHANCE 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>1</sup>.

**AVERAGE NO. OF  
BREAST CANCER CASES  
PER YEAR (2011-2015):**

**1,930**

women are newly diagnosed  
with breast cancer

**420**

die from the disease<sup>1</sup>.

**SCREENING TRENDS**

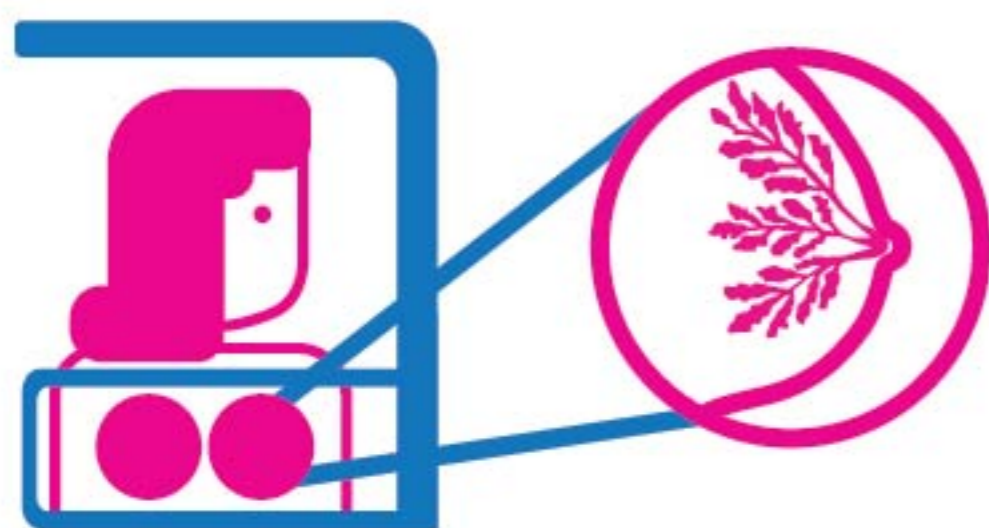


**2 IN 5**

women aged 50-69 years have  
gone for mammogram screening  
within the last two years<sup>2</sup>

**SO DON'T DELAY ANY LONGER**

**Take charge of your health and book your mammogram now!**



**Regular mammogram screening is  
currently the most reliable way to  
detect breast cancer early**

- It uses low-dose X-ray to create an internal image of the breast
- It can detect cancerous lumps smaller than 1 cm (size of a pea)
- It can detect cancer nearly 1 – 3 years before they can be felt by the hand.



**SCREENING TEST AND  
FREQUENCY**

Women who are **50 to 69  
years<sup>3</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 2015, National Registry of Diseases Office.

<sup>2</sup> MOH statistics on preventative health screening in 2016.

<sup>3</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.