



CELEBRATE WOMEN'S MONTH BY PUTTING YOUR HEALTH FIRST

August is Women's Month – a time to celebrate the amazing women in our lives — and remind ourselves that taking care of our health is just as powerful as everything else we do! This healthflash focuses on breast health and highlights how the Society can support you with a range of benefits designed to help you lead a healthier, more empowered life.

BREAST HEALTH MATTERS

Your breasts are more than a part of your body, they are a symbol of strength, resilience and life. Breast health begins with breast awareness – getting a sense of what is typical for you. We encourage all woman to become familiar with how their breasts usually feel. This will make it easier to detect any abnormal changes, not related to your menstrual cycle, pregnancy, age or other routine factors.



BREAST CANCER

On 18 August we celebrated World Breast Cancer Research Day, an opportunity for us to thank the men and woman who have set significant milestones in the life-changing research in the treatment of breast cancer.

With that being said:

- In 2022, breast cancer caused an estimated 670,000 deaths worldwide.
- About half of cases occur in women with no risk factors beyond sex and age.
- Breast cancer was the most common cancer among women in 157 of 185 countries.
- Only 0.5–1% of cases occur in men.
- Early diagnosis, effective treatment, rehabilitation and palliative care are key to reducing its impact and supporting well-being.

Taking a few minutes for regular self-checks, noticing any changes like lumps, swelling or nipple changes and having screenings can make a huge difference.



Mammograms are paid from your day-to-day radiology benefit. Consultations are paid from the consultation benefit.



BREASTFEEDING & YOU

From 1-7 August, we celebrated Breastfeeding Week, a reminder of the incredible benefits that breastfeeding offers. Breast milk provides essential nutrients and antibodies that help babies grow strong and stay healthy. For mothers, breastfeeding supports postpartum recovery, strengthens the bond with your child and contributes to long-term breast health. Proper techniques are essential to ensure your baby latches well and empties your breasts fully. Be on the lookout for discomfort, blocked ducts or infections like mastitis. Maintaining breast health is essential for a smooth breastfeeding journey.



HIV-positive mothers are often faced with the difficult decision of choosing between breastfeeding or formula feeding their babies.

If you are HIV positive and pregnant or thinking of becoming pregnant, talk to your doctor or clinic nurse as early as possible about what infant feeding choice is right for you, the risks and benefits.

For mothers living with HIV, safe breastfeeding may be possible with medical treatment and guidance from your treating doctor or clinic nurse. This includes staying on prescribed treatment, attending regular check-ups and ensuring your viral load is suppressed.



HIV screening (pre-testing counselling, testing and post-test counselling) is covered and can be accessed at any pharmacy (but preferably a network pharmacy where possible) or your general practitioner of choice. Active HIV treatment and monitoring is covered under the Society's chronic and day-to-day benefits.

This Women's Month, celebrate yourself, embrace your strength, prioritise your health and empower the women around you to do the same. **Because healthy women = unstoppable women!**



NEED HELP? Reach out to the Benefit Society if you have any queries.

@benefitpost@dbbs.co.za | ☎ 053 807 3111 (Option 5) | 🌐 dbbs.co.za