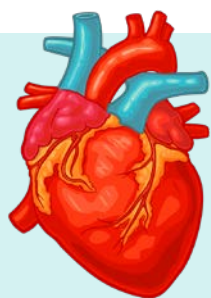




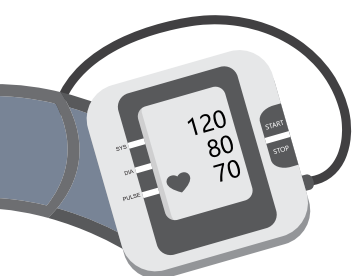
AUGUST IS WOMEN'S MONTH

Did you know that many illnesses and diseases affect women more than men? Here are some of the most common health concerns for women and some of the early detection methods and benefits offered by the Society.



Heart disease is the leading cause of death in women. While menopause does not cause heart disease, higher blood pressure and cholesterol and lower oestrogen are more common risk factors after menopause.

✓ The Society's screening tests include blood pressure and cholesterol tests.



Stroke

More women succumb to stroke than men with high blood pressure a leading cause. Being physically active, making healthy food choices and not smoking can help lower the risk for stroke, among others. Stroke symptoms include difficulty with speech and numbness of the arms and legs. The sooner you receive treatment, the better your chance of a full recovery.

✓ Get your blood pressure tested regularly.

Diabetes

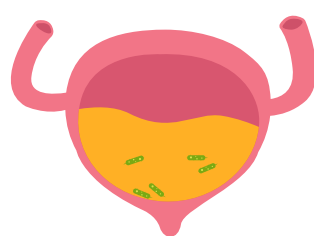
Women are four times more likely to develop heart disease due to diabetes and face complications like blindness, kidney disease and depression. Gestational diabetes occurs in 3 out of every 100 women. If diabetes goes untreated, your risk of complications and other diseases greatly increases. Prevention and treatment include a healthy diet, exercise, blood glucose monitoring, insulin injections and oral medication.

✓ Type 1 & 2 Diabetes is a PMB condition, covered by the Society's Disease Risk Management programme. Get your blood sugar tested as part of the Society's health screening tests.



Special testing and monitoring may be needed for pregnant women with diabetes, particularly those dependent on insulin. Reduce your risk by maintaining a healthy weight, exercising and not smoking.

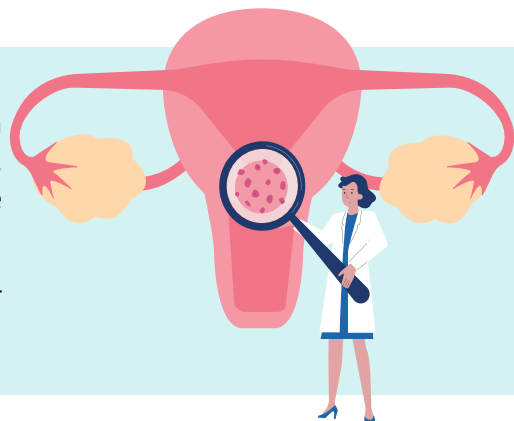
Maternal health issues can also impact your health, such as iron-deficiency anaemia and high blood pressure. If you have a high-risk condition, e.g. cardiac disorders and neurological issues, discuss your treatment plan with your doctor or specialist.



Urinary tract infections (UTIs) are more common in women and occur when bacteria get into the urethra and start to multiply. Symptoms include frequent urination, pain or burning when urinating, and cloudy urine. While a UTI can go away on its own, your doctor may prescribe antibiotics if necessary.

HPV (human papillomavirus) is one of the most common sexually transmitted infections and can be prevented with the HPV vaccine. The Pap test or HPV screening can detect precancerous cells, which can be treated, dramatically reducing your risk of cervical cancer.

✓ The Society covers 1 HPV vaccine from age 9 to 26 and the cancer screening tests include a pap smear.



Breast cancer is the most common cancer in women. Breast awareness and having a regular mammogram from age 40 can reduce your risk. Healthy lifestyle choices, such as exercising and not smoking also reduce your risk.

✓ Mammograms are funded as part of cancer screening tests.

Osteoporosis causes your bones to weaken, making them susceptible to fractures, especially in postmenopausal women. Other risk factors include certain medications, early menopause, a low body mass index, cancer treatment and genetics. Reduce your risk by increasing your calcium intake, staying active with appropriate weight-bearing exercises, and avoiding smoking and excessive alcohol use.

✓ Bone density scans for beneficiaries over the age of 50 are part of the health screening tests.



Alzheimer's Disease is a form of brain degeneration where neurofibrillary tangles and plaques form in the brain and destroy healthy brain cells. Healthy lifestyle choices, like staying active and eating a healthy diet, can help promote optimal brain health.

✓ Alzheimer's Disease is covered as a non-CDL chronic condition for the Society.

The Society's approach to disease management is **first to prevent**, then **early detection** followed by **treatment upon diagnosis**. If you are identified as a high-risk patient, your healthcare provider will prescribe the best treatment for you.

PMB legislation and the Society Rules apply to benefits. Please refer to the Benefit Guide or the Society Rules (available on the [Society's website](https://www.dbbs.co.za)) for more details on the available benefits or contact the Society if you have any questions.

Take advantage of the available screening tests and benefits for early detection and treatment to prevent these diseases from impacting your health.

Be empowered and stay healthy.

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

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