

## MEMBER ENGAGEMENT

### Member blog – Cancer

The following health and wellbeing blog has been prepared by TAL for use by partner superannuation funds for their members. It is available to use in white-label format for communications and is designed to provide information for members on positive ways to support their physical health.

-BLOG-

### Are you breast cancer aware?

**[DURING OCTOBER]** October is Breast Cancer Awareness month which is an annual campaign that aims to raise awareness of the impact of breast cancer in our community.

More than 20,000 Australians will be diagnosed with breast cancer in 2022<sup>1</sup>. It's the most commonly diagnosed cancer in Australia and it was estimated that it accounted for 12.7% of all new cancers diagnosed in 2022<sup>1</sup>. Around 1 in 7 women and 1 in 600 men will be diagnosed in their lifetime<sup>2</sup>. While the incidence of breast cancer is increasing, the good news is that the chance of making a full recovery is high, if it's detected early. With this in mind, our life insurance partner [TAL](#), has shared some preventative steps you can take.

#### Early detection is key

The best method of early detection of breast cancer in younger women is through breast awareness and regular self-checks. For women aged between 50 and 74, [BreastScreen Australia](#) is a government initiative which provides free mammograms every 2 years and for women of any age, regular health screening by your GP can also include breast checks.

#### What to look for

Regardless of age, it's important that all women are aware of the way their breasts look and feel. Self-examination is something that's easy to incorporate into your regular routine when you shower, use body lotion or while getting dressed – being familiar with what's normal for you is the key. There are a number of [warning signs](#) to look out for:

- a new lump in your breast or underarm (armpit)
- thickening or swelling of part of your breast
- irritation or dimpling of your breast skin
- redness or flaky skin in your nipple area or your breast
- pulling in of your nipple or pain in your nipple area
- nipple discharge other than breast milk
- any change in the size or the shape of your breast
- pain in any area of your breast

If you notice any of these warning signs, ensure you see your GP right away.

## Want to know more?

For more information on breast cancer awareness, together with some useful resources and links, visit [Cancer Australia](#) or the [Breast Cancer Network Australia](#) or speak with your GP.

Information on [TAL Health Support](#), cancer support can be found on their website.

1. [CANCER AUSTRALIA](#)
2. [NATIONAL BREAST CANCER FOUNDATION](#)

-ENDS-

DISCLAIMER [please add to your post]

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