BREAST MATTERS

THE CHANCE OF SURVIVING BREAST CANCER INCREASES WITH EARLY DETECTION.

Breast Cancer is THE MOST COMMON CANCER among women in Singapore.

Breast cancer accounts for 3 in 10 cancer cases in females.

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

1,930 women are newly diagnosed with breast cancer

420 die from the disease.

SCREENING TRENDS

2 IN 5 women aged 50-69 years have gone for mammogram screening within the last two years.

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 are recommended to go for a screening mammogram once every two years.

EVERY 2 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 Medishare and Medishield Life.

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2 MOH statistics on preventative health screening in 2018.

3 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.