



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

**DEPARTMENT OF
TRANSPORT AND COMMUNITY SAFETY**



BREAST CANCER AWARENESS MONTH 2020



Employee Health and Wellness Directorate

Did you know the incidence of breast cancer among South African women is increasing?

Did you know there are about 1.38 million new cases and 458 000 deaths from breast cancer each year?

FACTS ABOUT BREAST CANCER:

- Early detection of breast cancer can save a life (there is a good chance that breast cancer can be cured). About 90% of patients survive for many years after diagnosis, especially when breast cancer is detected early stage.
- Most people diagnosed with breast cancer have no known family history. Men can also develop breast cancer.
- Early signs of breast cancer can be a painless lump in the breast, a painful breast or armpit, discolouration of the skin around the breast or a discharge from the nipple.

CANCER PREVENTION:

- Tobacco use is the greatest avoidable risk factor for cancer mortality and kills approximately 6 million people each year (worldwide), from cancer for both tobacco smokers and second hand smokers.
- Alcohol use is a risk factor for many cancer types including cancer of the oral cavity, liver, and breast. Risk of cancer increases with the amount of alcohol consumed.
- Regular physical activity and a healthy body weight, along with a healthy diet, considerably reduce cancer risk. Healthy eating habits that prevent the development of diet-associated cancers will also lower the risk of other non-communicable diseases.

For more information, please contact your nearest Employee Health and Wellness Directorate, or access the fact sheets and presentation from Employee Health & Wellness Team!

