

ENGAGEMENT

Blog – Physical health: Breast Cancer Awareness

The following blog has been prepared by TAL. It is available to use in white-label format for communications and is designed to provide information on positive ways to support 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.

In 2024, over 21,000 Australians will be diagnosed with breast cancer, making it the most commonly diagnosed cancer in the country. It is expected to account for 14.1% of all cancer-related deaths among Australian women this year. The lifetime risk of a diagnosis is approximately 1 in 7 for women and 1 in 556 for men.¹

While the incidence of breast cancer is increasing, the good news is that, if detected early, the chance of making a full recovery from breast cancer is high. 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. Women in their 40s and over 75 are also welcome through BreastScreen Australia, but it is recommended that you speak with your doctor first.

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?

¹ Breast cancer statistics in Australia. (2024). *Breast cancer statistics in Australia*

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

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

-ENDS-

DISCLAIMER [please add to your post]

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