Keep a Breast

De-Ann Smith October 14, 2019 Critical Illness

October is Breast Cancer Awareness Month. Breast cancer according to www.cdc.gov, is a disease in which cells in the breasts grow out of control. It is the number 1 type of cancer in women across the world. Developed and less developed countries alike, are seeing an increase in diagnosed cases. Although there are certain risk factors that can contribute or heighten the risk of the disease, there is no identified cause.

Sagicor supports the effort to raise awareness of breast cancer. Cancer is one of the top three (3) most common health claims out of the **21 critical illnesses** we cover at Sagicor. To help you keep a-breast, here are a few things you should know.

How to do a breast self-examination

1. Stand in the mirror topless with your arms to the side and inspect
2. In the shower or lying down, use the pads of your three middle fingers (not the tip) and move your hands in a circular motion from the outside of your breasts to the centre.
3. Take your time.
4. Vary between light to firm pressure levels.

What is a mammogram?

A mammogram is an x-ray of the breasts. It is used to detect early signs of breast cancer.

Breast Cancer Symptoms and Signs

- Lump in breast and underarm
- Swelling of breast
- Dimpling of the breast
- Skin on breast, areola or nipples become scaly, red or swollen
- Change in the breast or nipple appearance
- Unexplained shrinkage of breasts
- Nipple Discharge other than breast milk, including blood

Please note that very often, symptoms are not associated with breast cancer but should be investigated by a doctor as soon as possible for early detection.

Did You Know?

Men also have breast tissue and cells that can develop cancer. Male breast cancer is very rare and less than 1% of all breast cancer cases are men.

Covering Critical Illnesses

When thinking of insurance, we usually think about taking care of who and what is left behind. What about right now? Sagicor's Life Protector III is a living benefit policy that takes care of expenses in the event of a critical illness diagnosis. Critical illnesses do not always result in death and this product gives the unlimited freedom and flexibility to allocate your funds where you see fit.

The lump sum payment of this plan does not restrict you to medical bills only. The payment you receive can be used to help with other financial obligations, as well as help you afford your immediate recovery needs. In the event your

diagnosis hinders you from working, your lump sum payment can also be used to clear debt or even fund your children's education. Your coverage, your choice!

Learn more here.