Sagicor

How You Can Help with the Fight Against Breast Cancer

This year we invite you to consider the many ways you can Join the Fight against Breast Cancer.

1. **Check your breast health.**
   Are you seeing any signs of breast cancer? Are you observing your body? **Signs** are reminders of the urgency of getting your checks done. Don't wait until the signs present themselves, as the best protection is early detection.

   Self-Examination
   Breast self-examination is a convenient, no-cost tool in the arsenal of preventative tools and can be a great addition to an overall breast cancer screening strategy. Breast self-exams done on a regular basis combined with regular physical exams by a doctor can increase the likelihood of early detection. The importance of early detection can't be stressed enough. We share the following resource with you to allow for easy examinations at home if you are unable to make it to your doctor or local screening centre.



   Mammograms
   A mammogram is simply an x-ray picture of the breast, which doctors can use to assist to discern early signs of breast cancer. According to the US Centre for Disease Control regular mammograms can find breast cancer early, sometimes up to three years before it can be felt. Mammograms are recommended for persons who are at least 40 and sometimes earlier if it has been established that you are at a higher risk for developing breast cancer. Your doctor can also help you decide if you should have a mammogram done every year or every two years.



2. **Support the education of others**

In addition to learning about breast cancer to ensure that you are aware of what you need to do for yourself, it's also a great idea to share this information with others. Here are some guidelines about how you can have this conversation with others and encourage them to become active in the fight to protect themselves and others.

- Encourage your loved ones, friends or even your coworkers to learn more about their own breast health. For instance, have conversations about the importance of self-exams and how they have helped others discover issues with their breasts. Talk about the links between family history and breast cancer or cancer generally.

- Participate in activities that encourage a conversation like cancer walks, wearing pink to raise awareness or even volunteering at organisations which support persons who are dealing with a breast cancer diagnosis.

- Follow the accounts of organisations on social media that talk about breast cancer. You can start with your local cancer society, or organisations in your country that support Where can women with breast cancer.



3. **If someone you know has breast cancer**

   There are many ways you can support a friend or family member who is navigating breast cancer. Sometimes it may be hard to figure out what to do or say but letting them know you are there for them is key. Here are some ways, but please click on the link below to explore in detail.

   - Be present if you can. Support them at their doctor's or chemo visits or visit them at home.
   - Support them emotionally.
   - Share gifts.
   - Pray for them or spend time with them in prayer.
   - Offer to help in specific ways.

   Read here for more ways to help.

4. **Supporting a caregiver**

   There are times when a breast cancer diagnosis is quite serious and in addition to providing support to the patient, there may be a need to be present and supportive to the main caregiver. Caregiving to someone who is seriously ill can be extremely stressful and takes a toll emotionally and physically.

   Being a caregiver means that this person's life is prioritized to provide support to the patient. If there is a person like this in your life, there are ways you can demonstrate that you are present for them, even if he or she isn't able to do the things you are accustomed to doing together.

   Here is how you can help them.

   - Run errands. The person may need a little more help getting errands done since they may not be able to leave the house at will. Offer to help with groceries, paying bills, or any small errands that they don't have to do for themselves.

   - Support them emotionally. Give them space to talk about the challenges of their current experience, how it may be affecting them. If necessary, offer to assist them in finding a support group for caregivers.

- Help around the house. In many cases, persons with cancer and their caregivers may be also managing a budget. If you can, offer to help the caregiver do chores around the house. Even organizing to wash dishes, changing lightbulbs or offering to vacuum will assist in letting that person have a little more time for themselves or to care for the person in their charge.

- Let them have some me time. Perhaps you can offer some time or space for them to have a little time to care for themselves: perhaps having a hair appointment to get a manicure or pedicure, or even a massage. What are the things that this person normally does to relax, perhaps listen to music, or even some retail therapy may be helpful.