

WORLD CANCER DAY (4 February 2024)

WHAT YOU CAN DO

KNOW YOUR BODY

Perform regular self-examinations (skin, breast or testicular) and be aware of any changes. Make an effort to know the signs and symptoms of cancers so you know what to look for.

GET VACCINATED

Vaccinate against human papillomavirus (HPV) and Hepatitis B viruses that may lead to cancer.

GET REGULAR CANCER SCREENING

- Clinical breast examinations.
- Pap smears (cervical cancer screening test for early diagnosis).
- Prostate examinations and Prostate Specific Antigen blood tests (to assist with detecting prostate abnormalities).

Platinum Health (PH) offers a comprehensive Cancer and Oncology Programme to its members. If you are diagnosed with cancer and PH has authorised your cancer treatment, you are covered by the programme. It is important to contact Platinum Health's Case Management team as they will not only assist you with registering on the programme, but they will guide you through your treatment plan every step of the way.

For more information or assistance, kindly contact Case Management on telephone 014 590 1700 or 080 000 6942 or email: plathealth@platinumhealth.co.za

Source:

Cancer Association of South Africa (<https://cansa.org.za/category/recent-posts/prevention-early-detection/world-cancer-day-4-feb/>)



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