

## ***'Breast Cancer Awareness Month'***



**OCTOBER**



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Dr Chrystal's vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

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## In support of Breast cancer Awareness

<https://bcf.org.sg/> (Breast cancer foundation Singapore)

This year's theme, 'Empower Her' highlights the importance of a strong social support system for women to get screened and, if diagnosed with breast cancer, to undergo the necessary treatments, and lead a fulfilling and normal life.



Breast cancer is the number one killer cancer among women in Singapore.

1 in 13 women are diagnosed with breast cancer every year, six women are diagnosed with breast cancer every day and one death occur from breast cancer daily.

**Early detection of breast cancer**, largely through mammograms, **has been shown to save lives.**

### Signs of breast cancer:



Depending on your age, the following checks are recommend	20 - 39 years old	40 - 49 years old	50 years old & above
 <b>Mammogram Screening</b>	—	Once a year <sup>2</sup>	Once every two years <sup>3</sup>
 <b>Breast Self-Examination (BSE)</b>	Once a month		

### When should women start having a mammogram?

Singapore's national screening guidelines recommend mammogram screenings for women from age 50 and above once every two years.

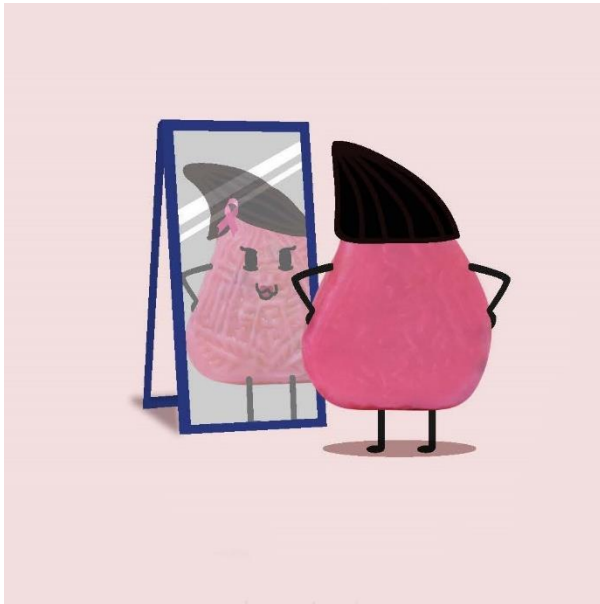
Women age 40 to 49 should go for a mammogram screening once every year.

For those below 40, mammogram screening is not recommended.

### Radiation risk

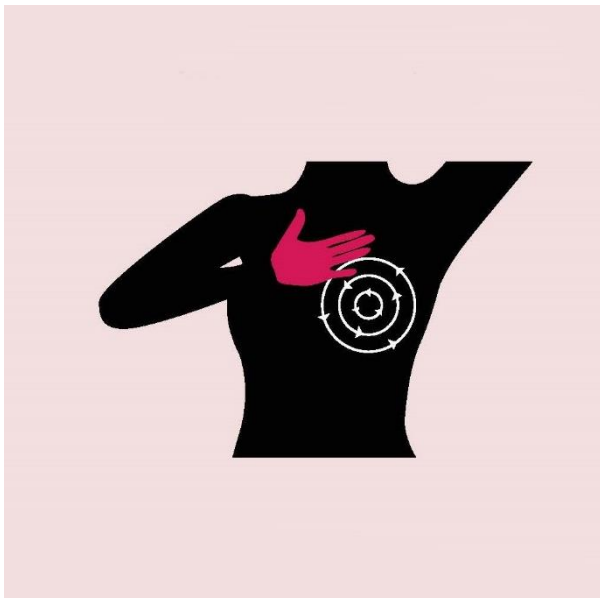
Radiation exposure during mammograms is very low.

## How to perform TLC (Touch, Look, Check) in the monthly breast self examination



### Step 1: Look

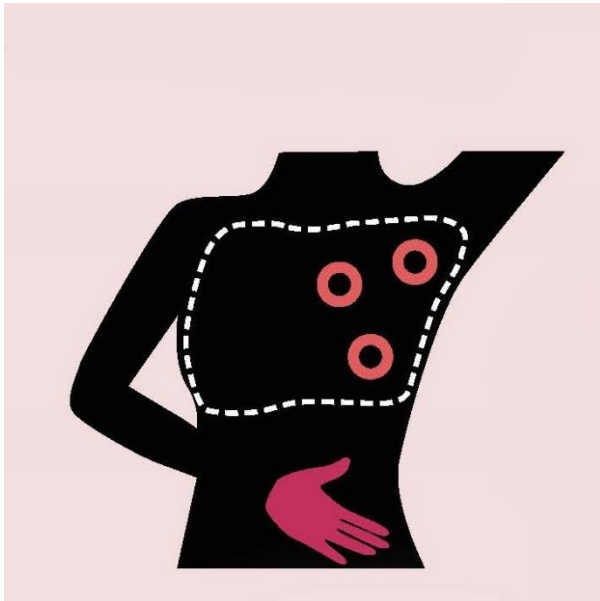
Put your hands on your hips and look out for changes in breast shape, skin surface and nipple abnormalities. Raise your arms above your head to look for changes (especially dimples) on the underside of your breast.



### Step 2: Touch

Touch and feel your breast using your middle 3 fingers, moving in a circular motion from outer area towards the nipple. Gently squeeze your nipple to check for any discharge.

Repeat this step for your other breast



### Step 3: Check

Check for lumps by examining your entire breast from your armpit to your cleavage with different pressure.

Repeat this step for your other breast.

Useful resource links:

<https://bcf.org.sg/> (Breast cancer foundation Singapore)

<https://www.singaporecancersociety.org.sg/>



## Early Detection Saves Lives!

	Standard Price (\$)	Patient Price (\$) 5%
<b>Mammogram</b> (Age 40 and above only)	185.00	175.75
<b>Women's Health Package 1 (WHP1)</b>	275.00	261.25
Mammogram Ultrasound Breast		
<b>Women's Health Package 2 (WHP2)</b>	435.00	413.25
Mammogram Ultrasound Breast Ultrasound Pelvis (TA)*		
<b>Women's Health Package 3 (WHP3)</b>	665.00	631.75
Mammogram Ultrasound Breast Ultrasound Pelvis (TA)* Ultrasound Abdomen		

- All Prices stated are subjected to prevailing GST Rates
- Validity: From 1<sup>st</sup> Oct 2024 till 31<sup>st</sup> Dec 2024
- \$30 for each add-on view for mammogram
- No additional charges from US Pelvis TA to US Pelvis TV

**Health tips:**

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

**Food for thought:**

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with exercise. It is the best thing you can do for yourself.

Do something today that your future self will thank you for.

The best day to start exercising is today.

### **Final Thoughts:**

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

### **'Towards better health outcomes'**



Dr Chrystal Fong provides comprehensive health screening and GP services to suit your individual needs.

Visit our website: <http://www.asiahealthpartners.com/>

### **We hope to be of service in improving your health and well-being**

#### **About the author:**

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia. She has a special interest in health prevention and incorporates sports psychology and lifestyle medicine principles in her health screening and advocacy in health promotion.

She will be featured in the Britishpedia's upcoming 6<sup>th</sup> edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).