



Every Story Deserves a Tomorrow

Breast Cancer Awareness Month

MedNet Breast Cancer Awareness Month Newsletter

October 2026 Edition

Know Your Body. Trust Your Instincts. Take Action.

Every year, millions of women around the world hear three life-changing words:

"You have breast cancer."

The reality is that breast cancer is the most common cancer affecting women worldwide, but there is also an important truth:

Early detection saves lives.

Finding breast cancer early often means more treatment options, less aggressive treatment, and better outcomes.

This October, take a few moments to learn the signs, understand your risk, and encourage the people you care about to do the same.



Why Breast Cancer Awareness Matters

Many people believe breast cancer only affects those with a strong family history.

This is a myth.

In fact, most women diagnosed with breast cancer have no significant family history of the disease. Breast cancer can affect anyone, and in rare cases, it can also occur in men.

Awareness is not about being afraid.

Awareness is about being informed, prepared, and proactive.

Listen To What Your Body Is Telling You

You know your body better than anyone else.

Breast cancer does not always cause pain or obvious symptoms. This is why paying attention to changes is important.

Contact a healthcare professional if you notice:



A new lump in the breast or underarm



Thickening or swelling of part of the breast



Changes in breast size or shape



Redness, irritation, dimpling, or puckering of the skin



A nipple that suddenly turns inward



Unexplained nipple discharge, especially if blood is present



Persistent pain in the breast or nipple area

Remember:

Not every breast change is cancer.

But every unusual change deserves attention.

Find The Care You Need

If you notice an unusual change or want to discuss your screening needs, **MyHealthPass** can help you find a healthcare provider within your network.

You can also use **MyHealthPass** to review your policy benefits and monitor approval requests, helping you manage your healthcare journey in one place.

Understand Your Risk

Breast cancer can happen to women with no obvious risk factors.

However, certain factors may increase risk:



Increasing age



Personal history of breast or ovarian cancer



Family history of breast cancer



BRCA1 or BRCA2 genetic mutations



Dense breast tissue



Previous chest radiation



Obesity after menopause



Physical inactivity



Alcohol consumption

Having one or more risk factors does not mean you will develop breast cancer.

Likewise, having no known risk factors does not mean you are immune.

Screening Can Detect Problems Before Symptoms Appear

One of the most powerful tools in the fight against breast cancer is the **mammogram**.

A mammogram can identify abnormalities before they can be felt or noticed.

In the UAE, women aged 40 years and above are generally encouraged to discuss regular mammography screening with their healthcare provider. Screening recommendations may vary depending on individual risk factors and family history.

Don't wait for symptoms.

A screening appointment today could make all the difference tomorrow.



Simple Steps That May Help Reduce Risk

While not all breast cancers can be prevented, healthy lifestyle choices may help lower risk:



Stay physically active



Maintain a healthy weight



Avoid or reduce alcohol consumption



Discuss hormone therapies with your doctor



Learn and share your family's cancer history



Breastfeed, if possible and appropriate

Small choices today can contribute to a healthier future.

Three Steps To Remember

Know what is normal for your body.

Notice and be aware of any new or unusual changes.

Act by speaking to a healthcare professional promptly if something does not feel right.

A Message To Every Woman

You are busy, you take care of your family, you meet work responsibilities, you support others every day. But your health deserves attention too. Taking time for a check-up, discussing screening with your doctor, or investigating a change is not an overreaction.

It is self-care.

It is prevention.

It could save your life.

This October, Make The Promise

- Schedule a screening if you are due.
- Encourage your mother, sister, wife, daughter, colleague, or friend to do the same.
- Start conversations that may help save lives.

Because awareness leads to action.

And action can lead to early detection.

Know Your Body. Trust Your Instincts. Take Action.

This information is intended for general awareness and does not replace professional medical advice, diagnosis, or treatment. Please consult a qualified healthcare professional regarding any symptoms, concerns, or screening recommendations.



Care You Feel. Integrity You Trust

Breast health deserves attention, understanding, and care. Knowing what is normal for you, noticing changes, and speaking openly with your doctor are meaningful steps towards looking after your health.

This Breast Cancer Awareness Month, let's learn more about breast health, encourage conversations about screening, and offer compassion and support to those affected by breast cancer and the people who care for them.

MedNet Team



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