



## *Coping financially with breast cancer*

October is Breast Cancer Awareness Month



Although this month is coming to a close, October continues to be recognised internationally as a month for Breast Cancer Awareness. Raising awareness is an important part of reducing the impact of breast cancer within the community and a time to acknowledge those that are currently fighting a battle, loved ones that provide unwavering support, as well as those that have lost their life to the disease.

Cancer does not discriminate; it can affect both men and women. The statistics indicate that less than one percent of all breast cancer cases develop in men.

According to the Breast Cancer Network Australia, it is estimated that in 2015, 15,600 women and 145 men will be diagnosed with breast cancer. A woman's risk of developing breast cancer increases with age, with the average age of first diagnosis in women being 60 years.

### *Be Breast aware....*

Changes to look for include:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size or shape of your breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
- a nipple discharge that occurs without squeezing
- a change in the skin of your breast such as redness or dimpling
- an unusual pain that doesn't go away.

Most changes aren't due to breast cancer but it's important to see your doctor without delay if you notice any of these changes.

A breast cancer diagnosis can devastate a family. Those who recover can be away from work and/or family duties for months. Crisis or Trauma cover, pays you a lump sum should you be diagnosed with a specified illness like cancer. This can help ease financial pressures related to the mortgage, medical bill and kids' education, as well as the myriad of other financial stresses that inevitably arise. You don't need to rely on the charity and generosity of strangers to get by.

Interestingly there's still a stigma in Australia associated with insuring yourself or your family. Most of us understand the value and benefits of insuring our car against damage and our house against floods, earthquakes, fires and other disasters.

Have you considered insuring against illnesses and injuries that can have an even more devastating impact on our lives? There is no "one size fits all" answer. Personal advice is so very important to ensure you have the right cover in place. We welcome you to call us to have a complimentary chat about how to better protect you and your family.

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