

THE HEALTH HUB

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+ THIS EDITION

- Your Annual Breast Health Check-In Starts Now

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Breast cancer is a significant concern for women across Zimbabwe, and it is often diagnosed late when treatment is more challenging. We have the power to change this through regular screenings and self-checks to promote early detection. Knowing your body and acting quickly can save your life.

This October, Nectacare is joining the global movement to promote breast cancer screening and early detection.

The 3 Steps to Taking Charge

Taking control of your breast health is simple. It comes down to three key actions:

Know Your 'Normal' (Breast Self-Awareness)

Get into the habit of checking your breasts once a month. This is not just about finding a problem but about learning how your breasts normally look and feel, so you can spot a change. You know your body best.

Simple Steps for a monthly Breast Self-Examination (BSE):



In the Mirror (Arms at side, then raised above head, then hands on hips)

HOW TO CHECK

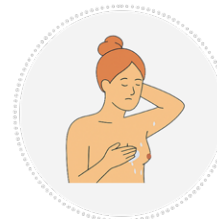
Stand and observe your breasts. Turn to the side to check the outer areas.



Lying Down (Place a pillow under one shoulder and your corresponding arm behind your head)

HOW TO CHECK

Use the pads of your three middle fingers on the opposite hand. Use light, medium, and firm pressure to feel the entire breast.



In the Shower (With soapy hands)

HOW TO CHECK

Repeat the lying-down step. The soap helps your fingers glide easily over the skin.

WHAT TO LOOK FOR

Look for changes in size or shape, dimpling (like an orange peel), skin redness, or an inverted nipple.

WHAT TO LOOK FOR

Move your fingers in a systematic pattern (up and down, or in a circle) to cover the entire area, from your collarbone down to your ribs, and across to your armpit. Feel for any lumps or thickenings.

WHAT TO LOOK FOR

Check the entire breast area, including your armpit. Gently squeeze the nipple to check for any unusual discharge.

Understand Your Risk Factors

- There is a higher prevalence of breast cancer in the 40+ years group. Although breast cancer can occur at any age.
- Family history of breast, ovarian, or prostate cancer.
- Leading a sedentary lifestyle or having a poor diet that is high in fat and low in fibre.
- Being overweight or obese.

Schedule Your Screening

Self-examinations are essential, but they not a substitute for professional screening. Available options for

professional screening:

- Clinical Breast Examination (CBE): Visit your nearest Nectacare facility for a thorough physical examination of your breasts. This should be done regularly.
- Mammogram: This specialised X-ray is the most effective tool for finding small cancers. If you are over 40 or have specific risk factors, consult your Nectacare doctor to establish a regular screening schedule.

Make Nectacare Your Health Partner!

Nectacare is committed to making health services accessible and

straightforward. You can rely on us to be your partner in breast health

Our array of services includes:

- Clinical Breast Examinations with our trained nurses and doctors.
- Consultations to assess your personal risk and the setting up of screening plans.
- Access to mammography and ultrasound services.

BIKE DELIVERY SERVICES



Delivery currently available within Harare.

Stay safe, stay home and let us bring the medication to you!



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