

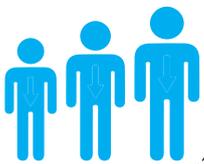
As we continue to celebrate men during the month of July, we urge men to take steps to enrich their health and wellness through proper screenings and care. In this communication we focus on educating men regarding Prostrate Cancer as it is one of the most common cancer in men.

Prostate Cancer



What is Prostate Cancer

Prostate cancer is the most prevalent cancer in men which becomes more common with age. It is a malignant growth within the gland positioned in the urethra. Prostate cancer begins when normal cells in the prostate begin to change and grow uncontrollably. As with most forms of cancer, the earlier the cancer is detected, the better the outcome



In which age groups is Prostate Cancer most common

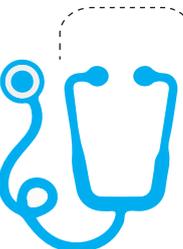
Prostate cancer is most common in men aged over 50 and men with a family history of the disease may be at an even higher risk. This is particularly the case if other men in your family developed prostate cancer before the age of 55 years. It is important to speak to your General Practitioner (GP) about the early detection of prostate cancer by conducting a prostate screening from the age of 45 even if there are no symptoms.



What are the symptoms of Prostate Cancer

In its early stages not everyone experiences signs or symptoms of prostate cancer. However, you should go to your doctor if you are experiencing any of these symptoms because it could also be a sign of other prostate conditions:

- Problems passing urine, such as slow or weak stream.
- Problems with needing to urinate frequently, especially throughout the night.
- Problems with holding back urine or even loss of bladder control.
- Finding blood in urine.
- Difficulty getting an erection or getting a painful erection.
- Pain in hips, lower back and chest



Going to a GP regarding a prostate cancer testing

When you visit your GP, they will talk to you about your risk of prostate cancer and the tests you can have to diagnose it.

The first step is usually a Prostate-Specific Antigen (PSA) blood test. PSA is a substance secreted by the prostate that can be measured via blood tests. This measures the amount of prostate-specific antigen in your blood and can indicate a problem with your prostate.

It's normal to have a small amount of PSA in your blood, which increases as you get older and your prostate grows bigger. But other factors, including an enlarged prostate gland, prostate cancer, inflammation, or infection, can raise your PSA level.

If you decide to have a PSA test, your doctor will discuss the results with you.

Prostate Cancer Benefits

MEDIPOS BENEFITS

Members have the benefit of prostate cancer testing covered from Preventative Care Benefit (1 test per male beneficiary per annum (over the age of 45) .

What do I do when I test positive for Cancer?

Once you have been diagnosed with cancer, your doctor needs to submit a histology or radiology report (confirming diagnosis) so that you can be registered on the oncology programme. If you are starting treatment, your doctor must submit the treatment plan for review and approval. When you receive a prescription for your cancer medication, it is important that you immediately contact the Scheme's Oncology Department. Please note MEDIPOS uses the Independent Clinical Oncology Network (ICON) oncologists for cancer related treatment. Should an ICON oncologist not be used, the Scheme will only cover your cancer treatment at 75% and you will have a co-payment as your account will not be covered in full. To find out if your oncologist is part of ICON or for a list of ICON doctors, visit www.cancernet.co.za or contact the client services team on **0860 100 078**



Update your contact details

Remember to update your communication details with the Scheme. If your details are outdated, we cannot communicate with you at all and you will miss all the important information we want to send to you. Please remember to let us know when any of your details, such as banking details, email address, postal address and contact numbers, have changed to ensure you receive all the latest information from your Scheme. Submit your contact detail changes to enquiries@medipos.co.za or **PO Box 921, Westville, 3629**. Alternatively, you may call our Client Services department on **0860 100 078**.



Tax Certificate

You would have received your tax certificate sometime in June. Please note that the information in the detailed breakdown in your tax certificate was incorrectly captured. However, the information on the tax summary page is correct, this is the information submitted to SARS, i.e. the information with SARS is correct. The Administrator has corrected your detailed tax certificate and this is available to you upon request or via the portal if you are registered. Should you wish to receive an updated copy of the tax certificate you may contact our client services department on **0860 100 078** or email enquiries@medipos.co.za

IMPORTANT NOTICE

To assist with the benefit review for 2022, the Board would appreciate your feedback on specific benefits through a survey.

The survey will take only a few minutes to complete. You can complete the survey online via the following link: <https://bit.ly/3bCpqlW>, on our website www.medipos.co.za or manually and return the completed survey to the Scheme via email to fundmanagement@medipos.co.za or by post to **PO Box 921 Westville 3629** or by fax to **0865 661 372**.



MEDIPOS CONTACT DETAILS

Client Services Team and Hospital and Pre-authorisation

Tel: 0860 100 078
Email: enquiries@medipos.co.za
Email: preauth@medipos.co.za
Website: www.medipos.co.za

Address for the submission of claims

claims@medipos.co.za
P.O Box 921, Westville, 3629

Report fraud to:

MEDIPOS Anti-fraud Hotline Tel: 0800 112 811 or SMS: 33490
Email: information@whistleblowing.co.za