

LIVING WITH BREAST CANCER

Many women today face the challenge of trying to survive breast cancer and suffer in silence. Their experiences and scars are hidden underneath the face of bravery. In this October edition, we interviewed a MEDIPOS member “Alice”, who shared her experiences on her journey with breast cancer. Please note, for confidentiality purposes, we will refer to her as “Alice” (not her real name).

On the 28th of October 2020, Alice was diagnosed with stage 1 breast cancer. It was detected when she experienced a continuous pain on her breast. Alice visited her local doctor because of the pain, however, the doctor did not perform any investigation on her breast and sent her home with prescribed pain medication. Not being tested worried Alice, and she decided to get a second opinion. When she was examined for the second time, she was immediately referred for a mammogram which was paid in full by MEDIPOS and covered from the Preventative Care Benefits. Alice’s worst fear was upon her.

“One moment afraid, and the next trying to be positive”

The doctor examined her mammogram results and Alice was booked in hospital for a biopsy. Based on the results of the biopsy Alice was diagnosed with an aggressive stage 1 breast cancer. She had mixed emotions. One moment she was afraid and at the same time trying to be positive. Alice’s doctor contacted the MEDIPOS Oncology Department and an authorisation for treatment was granted. Alice was assisted by the MEDIPOS nurse, sister Rhoda who gave her advice regarding her ailment. The sister was supportive and assisted her with the registration onto the oncology programme and provided the information that Alice and her family needed to cope with her condition. Following the authorisation of the treatment plan, the next steps were 8 sessions of Chemotherapy, which made her feel tired and “drained” her strength. This was followed by 4 weeks of Radiation, which she coped with very well.

“It has been a year living with cancer”, she says. She is currently on the oncology programme and not in remission. She says that she is grateful to MEDIPOS for paying most of her claims and who provided the advice and support to her and her family during this difficult time. She has the support of her family and friends. Alice is encouraging women to go for a mammogram test which is covered in full by MEDIPOS, for women over the age of 40 to detect any signs of cancer early. For the younger members, she advises them to do other physical breast detection checks such as palpitations whenever they have their annual checks such as a pap smear. She says members should never give up if they meet obstacles on the way.

We salute Alice in her bravery to face this disease with strength and positivity. She did not give up after her first doctor’s visit. She took responsibility to be tested and thankfully had her cancer detected early. You can do the same. Should you be diagnosed with cancer, MEDIPOS will be with you all the way!

Should you have any questions on what your wellness benefits are for screening and early detection, you may contact our client services department on 0860 100 078.



What does MEDiPOS cover you for?

MEDiPOS offers you 2 types of benefits to assist you with your cancer concerns. These benefits are payable from your Major Medical Expense benefit and subject to specific treatment plans that covers your cancer-related treatment e.g. radiotherapy, chemotherapy, oncologist visits, blood tests, ultrasounds, X-rays, MRI, CT and radioisotope scans as well as any approved medication, will be paid from the oncology limit. For more information on what your oncology programme offers, refer to your member guide.

WHAT YOU YOU DO



KNOW YOUR BODY

Be aware of any changes and do regular self-examinations (skin, breast or testicular). Get to know cancer sign and symptoms.



GET MOVING

Get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity every week.



GET REGULAR CANCER SCREENING

MEDiPOS covers you for:

- One annual mammogram test for females over the age of 40 years
- One annual prostate test for male over the age of 45 years
- One stool test for males and females between the ages of 45 and 75 years



AVOID

Avoid tobacco and alcohol

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%. 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.



ROADSHOWS ANNOUNCEMENT

We are pleased to inform you, that we will be commencing our Roadshows in November 2021. The dates will be published via a Take Note. We look forward to seeing you there!

MEDIPOS CONTACT DETAILS

Client Services Team

Tel: 0860 100 078

Email: enquiries@medipos.co.za

Website: www.medipos.co.za

Address for the submission of claims

P.O Box 921, Westville, 3629

Hospital pre-authorisation

Tel: 0860 100 078

Report fraud to:

MEDiPOS Anti-fraud Hotline

Tel: 0800 112 811 SMS: 33490

Email: information@whistleblowing.co.za