

PREVENTATIVE WELLNESS

EARLY DETECTION IS KEY – GET SCREENED

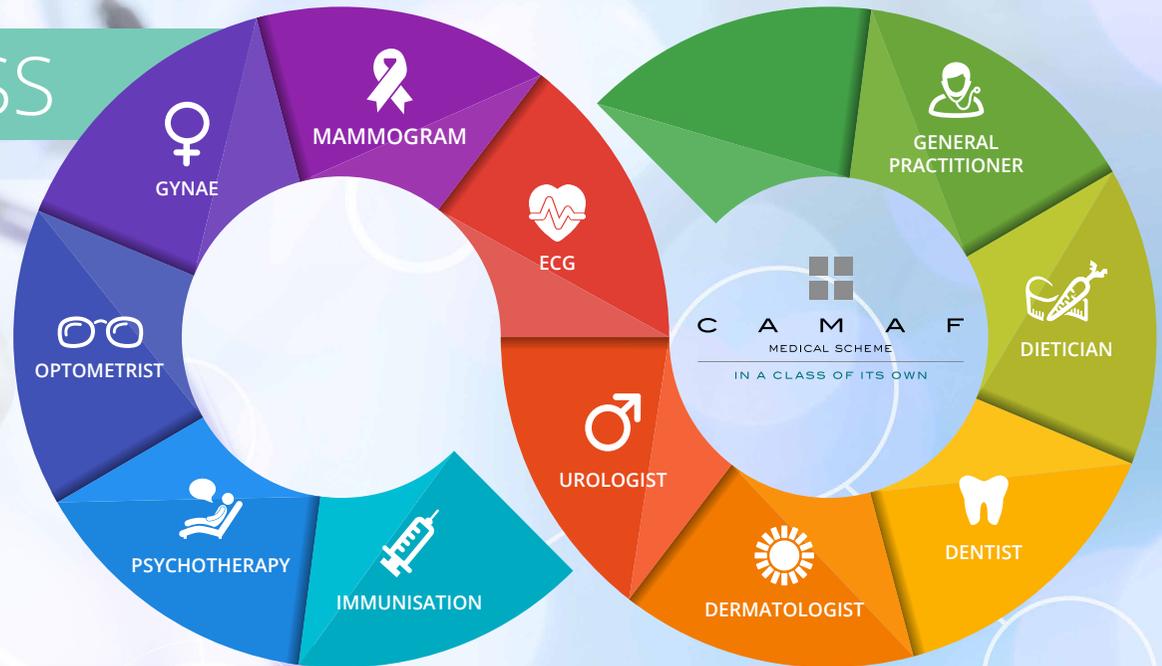
Check-ups and screening tests are an important part of preventive wellness. In today's busy life, it is important to prevent major health events that may have disastrous effects on your quality of life and on that of your family.

Why should I go for health screening?

To help detect diseases or medical conditions early enough, before you have symptoms - to prevent deterioration of the condition and improve chances of recovery.

Where can I go for screening?

In your doctor's rooms, unless special equipment is needed.



The benefits are ICD10 code specific to general check-up only. Details of applicable codes are available on www.camaf.co.za



FREE COMPREHENSIVE HEALTH

Have your health parameters like blood glucose, blood pressure and cholesterol checked at your nearest **Clicks, DisChem or Pick n Pay** pharmacy for free under the **CAMAF Lifestyle Programme**. One assessment per member per year.

REDUCE CANCER RISK

- **Mammograms** - a special x-ray to detect lumps in the breast - can save lives by finding breast cancer as early as possible. It is recommended that women from the age of 40 should go for an annual mammogram and women 55 years and older, should have a mammogram every two years.
- **Pap Smears** - to detect abnormal cells in the cervix that could develop into cervical cancer. All women who have been sexually active, should start having Pap smears between ages 18 to 20 years and every eligible woman should preferably have a Pap smear at least every 3 years.
- **Prostate Specific Antigen (PSA) Test** - Regular screening of the prostate is essential. Men aged 50 (40 – 45 for those at high risk, such as men with a family history of prostate cancer) should be examined annually.
- **Melanoma Screening** - early detection of melanoma is important to prevent skin cancer.
- **Reduce Risk Through Vaccination** - The primary underlying cause of cervical cancer is the Human Papilloma Virus (HPV). HPV vaccine is available to females between 9 and 16 years of age to protect against cancers caused by HPV.

Take advantage of your preventative wellness benefits and schedule your appointment for a medical check-up

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