



**POLMED**

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# PRIORITISE YOUR REPRODUCTIVE HEALTH THIS WOMEN’S MONTH

Dear Member

Women’s Month is dedicated to raising awareness about important health issues affecting female reproductive health. Throughout this month, POLMED will be focusing on crucial topics around women’s wellbeing and empowering them to take proactive steps towards enhancing their quality of life.



## STAYING ABREAST OF YOUR HEALTH

Breast cancer is the most diagnosed cancer in women worldwide. Successful treatment and survival rates are highly dependent on early detection. Regular breast self-exams and knowledge of potential signs, symptoms and mammograms assist with early breast cancer detection and medical interventions. Support for breast cancer patients, survivors and affected families has proven to be beneficial in the healing process. As a POLMED member, you have access to mammogram screening once every two years for women aged 40-74.



## ONE STEP AHEAD WITH CONTRACEPTION

To prevent unwanted pregnancies, there is an array of female contraceptive options to select from. Hormonal options include birth control injections, patches, oral tablets and intrauterine devices (IUD). Non-hormonal methods like condoms are also available options to prevent unintended pregnancies, sexually transmitted infections and diseases (STIs and STDs). POLMED members have access to contraceptives as part of preventative benefits, which medical professionals can administer.



## RAISING AWARENESS ABOUT SEXUALLY TRANSMITTED DISEASES

STIs cause STDs. Common STDs include syphilis, herpes, gonorrhoea, chlamydia and the human papillomavirus (HPV). If left untreated, these infections may lead to pelvic inflammatory disease (PID) and infertility and contribute to certain cancers. To prevent STDs, practising safe sex, regular screenings and consulting a gynaecologist, especially if there is an exposure suspicion, is crucial. HPV screening is available as part of your benefits and the HPV Vaccine is available for girls aged 10-17 years.



## PREPARE FOR GOOD HEALTH

Pre-exposure prophylaxis (PrEP) can be a valuable preventative approach to combat the substantial risk of contracting the human immunodeficiency virus (HIV). PrEP is an oral tablet taken daily to reduce the risk of HIV infection. Adherence to this medication and regular HIV testing are essential for optimum outcomes.



## PAP SMEARS SAVE LIVES

During a pap smear, a specimen from the cervix is collected and examined for any abnormality indicative of cancer. When detected early, cervical cancer can be effectively managed. HPV testing and pap smears further improve cervical cancer screening. Pap smear screening for women aged 21-64 once every third year is covered by your benefits.



## MATERNITY PROGRAMME

The POLMED Maternity Programme supports expecting mothers on their journey to giving birth. Early registration ensures that both mother and baby receive specialised benefits, including specialist visits and ultrasound scans.

Being proactive about your health as a woman ensures that you are prepared for possible health challenges and can manage them.

POLMED wishes you a happy and healthy Women’s Month!

Regards  
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