

What is the best way to look after your family?

By taking care of yourself!



Regular health screening helps you to live a longer and healthier life

Cervical Screening

Cervical screening is for women **over 25 years** of age to check the health of the cervix.

If you prefer, the procedure can be done by a **female doctor/ GP** or a **female nurse**.



Breast Screening

Most women who develop breast cancer **do not** have a **family history**.

BreastScreen NSW offers **free**, regular breast screening for all women **over 50 years**.



Bowel Screening

Bowel screening is for men and women **over 50 years of age**.

If they are **found early**, 90% of bowel cancers can be **treated successfully**.



At any time, if you have **any symptoms** or notice any changes in your body - **don't wait - go to your doctor/GP**

Funded by



Health
South Eastern Sydney
Local Health District