

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

Early detection of diseases and conditions, such as cancer, can **increase life expectancy** and **reduce serious complications**. At any time, if you have **any symptoms** or notice any changes in your body – **don't wait** – **go to your doctor/GP**.

There are three national screening programs in Australia

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**.

Some GPs and women's health clinics provide cervical screening at **no cost**.



Breast Screening

Breast screening (mammogram) is an **x-ray** that looks for **early changes** in the breast.

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**.

Bowel screening involves a simple, **free test at home** – the test kit is posted to you by the government – you complete the test with stool samples and then send the test kit back for processing – if you **need help** understanding the instructions, **go to your doctor/GP**.

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



Professional interpreters are available if you need help understanding or speaking in English. The staff can get an interpreter for you or you can call the telephone Translating and Interpreter Service (TIS) on 131 450.

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