

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



There are three
national screening
programs in
Australia: **Cervical**
Screening; Bowel
Screening and
Breast Screening



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



Use the QR Codes below to go to a video
presentation in your language.

Bangladeshi
(in English)



Bangladeshi
(in Bangla)



Nepalese
(in English)



Nepalese
(in Nepali)



South Asian
(in English)



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.

Funded by



What is the best
way to look after
your family?



By taking care
of yourself!

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**.



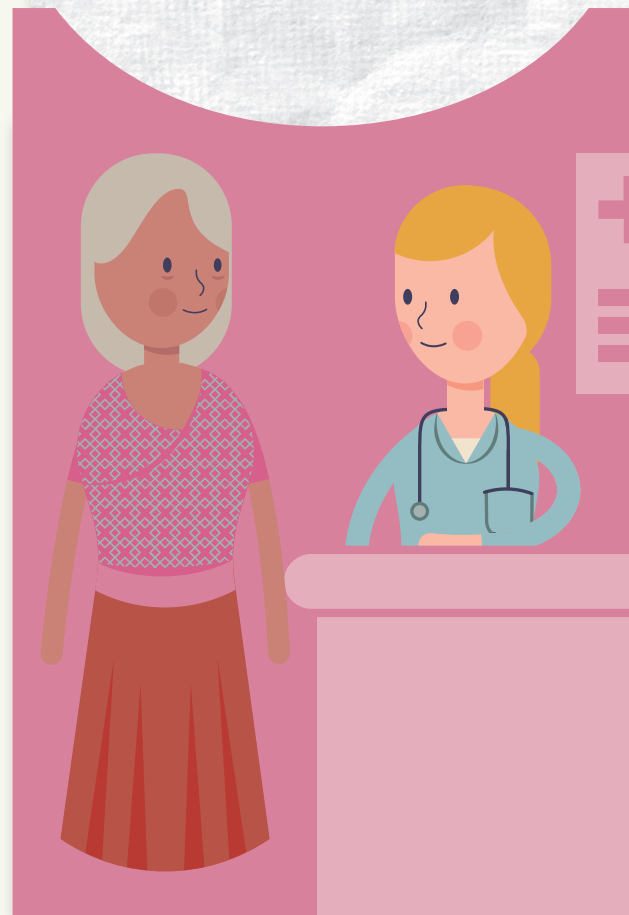
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Breast Screening

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**.



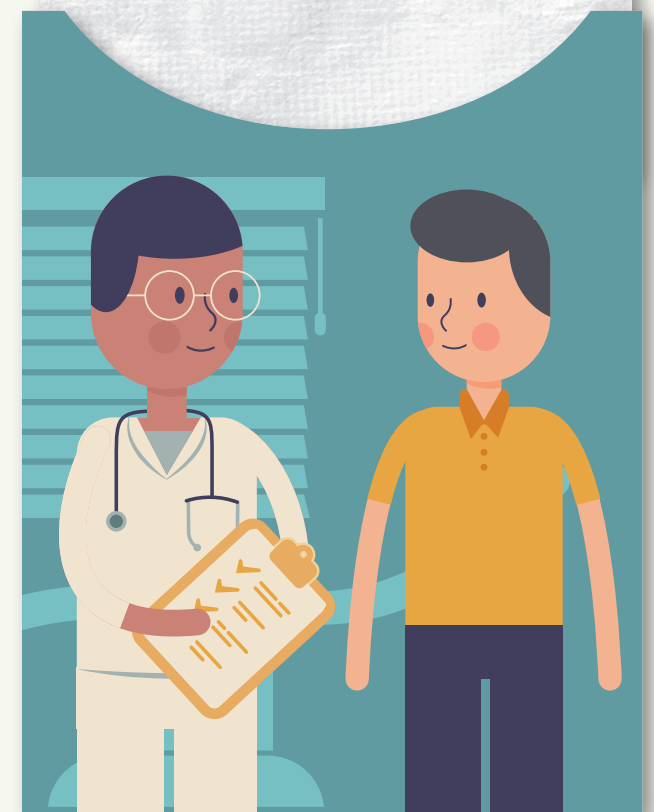
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Bowel Screening

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**.



98mm