



Health checks for women

Easy Read fact sheet

About this fact sheet



This fact sheet is from
Jean Hailes for Women's Health.



You can read more information about this topic
on the [Jean Hailes Health checks web page](#).



This fact sheet is written in a way that is easy
to understand.



We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and
understand this fact sheet.

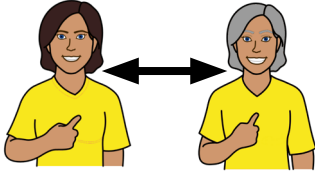


Contact information is at the end of this
fact sheet.

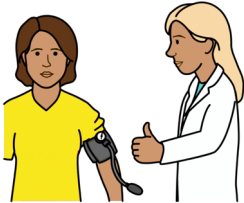
Health checks for women



It is important to see your doctor for health checks so they can help you.



You will need different health checks at different times in your life.



It is good to have a general health check once a year.



We explain the main health checks for women but you can ask your doctor about other health checks.



Access to health care

You can contact your local clinic or health centre **before** your visit to tell them about your needs.

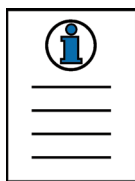
For example, you might need



- easy access to get in and around the clinic



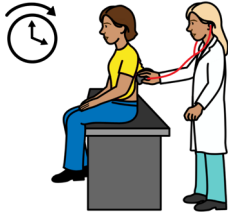
- a hoist to move onto a bed



- clear information to take home and read

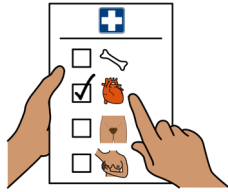


- an interpreter.



You can ask for a longer appointment if you

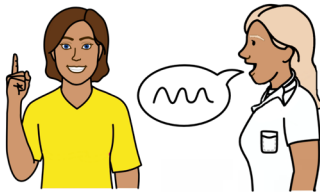
- want a general health check



- want to talk about more than 1 health problem



- have lots of questions.



You can also ask your doctor to

- explain things slowly and clearly

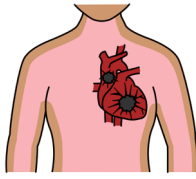


- write down important information for you

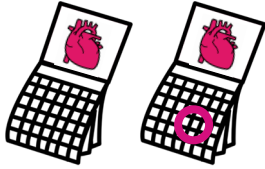


- explain different ways to treat the health problem.

Heart check



Heart disease causes many deaths in Australia.

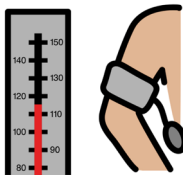


It is important to have a heart check every 2 years from the age of 45.



Your doctor will

- ask questions about your health



- check your blood pressure.



They may also ask you to get a blood test to

- check your blood sugar levels

- check your ***cholesterol***

– cholesterol is a type of fat that is found in your blood.

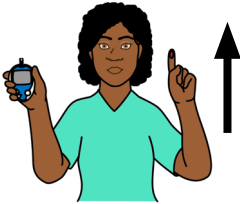


If your tests show any health problems your doctor will tell you what you can do next.

***Diabetes* check**



Diabetes is a serious health problem where sugar in the blood is too high.



Some people have a higher risk of diabetes.



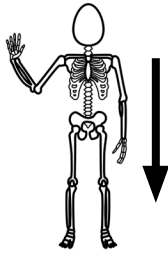
Ask your doctor how often you should be tested for diabetes.



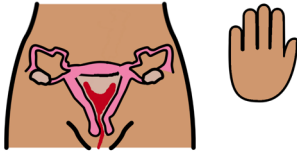
If tests show you have diabetes, your doctor will tell you how to manage this health problem.

For example, eat healthy food and move your body.

Bone health check



After ***menopause*** your ***bone density*** goes down.



Menopause is when you have your last period.



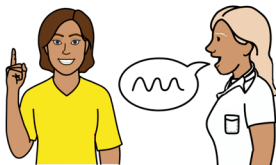
Bone density means how strong your bones are.



It is a good idea to have a bone health check every year from the age of 45.

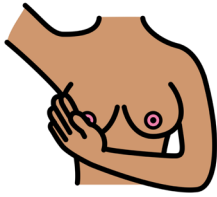


If your bone density is going down, your doctor may ask you to do a bone density scan.

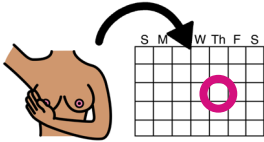


They will also tell you about ways to look after your bones.

Breast check

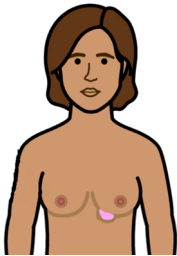


It is important to know how your breasts look and feel.



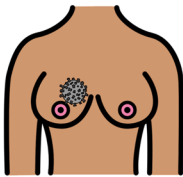
Check your breasts every month.

Your doctor can show you how to do this.

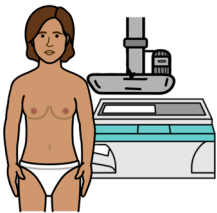


See your doctor if you notice any changes.

For example, a lump or something hard in your breast.



Breast cancer is the most common cancer for women in Australia.

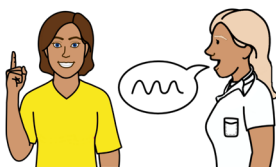


You can have a free breast X-ray every 2 years from the age of 50 to 74.



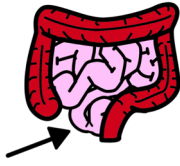
For more information call

BreastScreen Australia on 13 20 50.

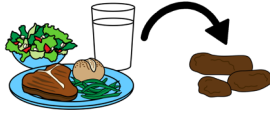


If your X-ray shows there may be a problem your doctor will tell you what you can do next.

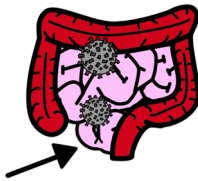
Bowel check



The bowel is a tube in your body that goes from your stomach to your bottom.



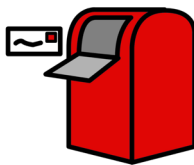
Your bowel is where the food you eat turns into poo.



Bowel cancer is a common cancer.



You can get a free test every 2 years from the age of 50 to 74.



You can do the test at home and send your poo samples in the mail for testing.



For more information call the **National Bowel Cancer Screening Program** on **1800 627 701**.



If your test shows there may be a problem your doctor will tell you what you can do next.

Mental health

Many people have mental health problems.

Common mental health problems include

- anxiety
- depression
- sleep problems.



See your doctor if your mental health stops you from doing things you like to do.



Your doctor can help you find the right support.

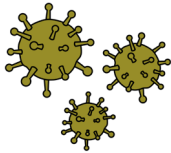


If someone in your family hurts you and you need support call **1800RESPECT** on **1800 737 732**.

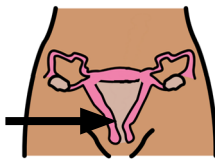
Cervical screening test



The ***cervical screening test*** helps protect you from cervical cancer.



The cervical screening test checks your ***cervix*** for the ***human papilloma virus*** or HPV.



The cervix connects the vagina to the uterus.



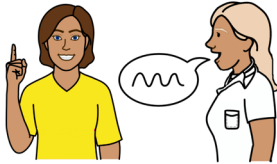
The human papilloma virus causes most cervical cancers.



Do the test every 5 years from the age of 25 to 74.



At the clinic the doctor or nurse can do the test or they can show you how to do the test yourself.



If your test shows there may be a problem your doctor will tell you what you can do next.



For more information call the
National Cervical Screening Program
on **1800 627 701**.

***Sexually transmitted infection* or STI checks**



If you have had any kind of sex with another person, you might get a sexually transmitted infection or STI.



STIs can cause serious health problems.



The best way to protect yourself from STIs is to use condoms when you have sex.



Talk to your doctor about how often you should be tested.

Health checks before you get pregnant



If you plan to get pregnant ask your doctor to do a general health check.



Your doctor will tell you how to be as healthy as you can for your pregnancy.



 **Jean Hailes**
for Women's Health

More information

For more information contact
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