

Health checks for women





About Jean Hailes for Women's Health

Jean Hailes for Women's Health is a national not-for-profit organisation committed to improving women's health across Australia. We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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Health checks

A health check is when a doctor or nurse examines you at your local clinic or health centre to make sure your health is good.

They might do some tests using special tools or equipment.

You need to have a health check about once a year, even if you feel healthy.



Health checks

At the health check, the doctor or nurse will ask you:

- about any health problems you've had
- if you have any pain or unusual changes in your body
- about your lifestyle (e.g. diet and exercise).

Talk to them about anything that worries you and answer all their questions. They might not know if you have a health problem if you don't say anything.



Health checks

If you have regular health checks, you can find if you have health problems early and get the treatment you need.



Cancer screening tests

In Australia, there are tests to help find cancer before you feel sick.

Finding cancer early gives you a much better chance of getting healthy again to enjoy your life and family.



NATIONAL
CERVICAL SCREENING
PROGRAM
A joint Australian, State and Territory Government Program

BreastScreen
AUSTRALIA
A joint Australian, State and Territory Government Program

NATIONAL
BOWELCANCER
SCREENING PROGRAM

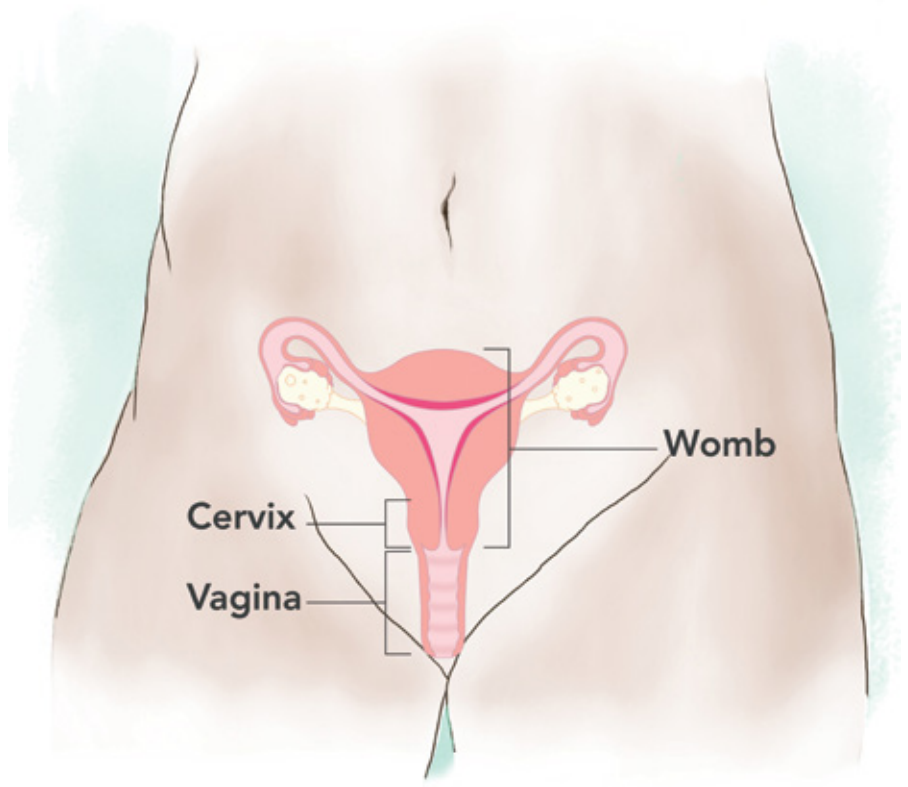


Cervical cancer

This cancer grows in the cervix.

The cervix is the entrance to the womb.
It connects your vagina to your womb.

A common virus called HPV is usually
the cause of cervical cancer.



Cervical screening test

The cervical screening test checks if you have HPV.

A doctor or nurse will gently take a sample of cells from your cervix. If you prefer, you can take a sample from your vagina yourself.

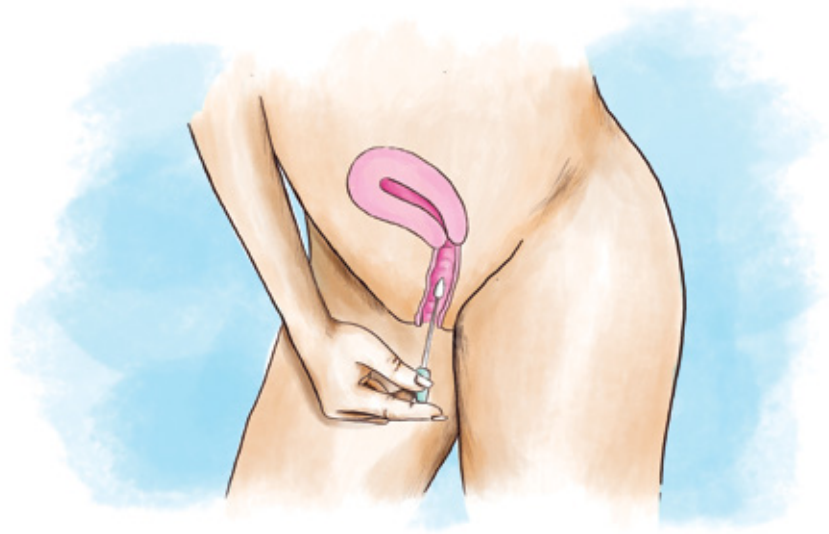
If you have this test regularly, it's your best protection against cervical cancer.

NATIONAL

CERVICAL SCREENING

PROGRAM

A joint Australian, State and Territory Government Program



Cervical screening test

Have a cervical screening test when you turn 25 and then every 5 years.

But if you're bleeding or have discharge or pain that's not normal for you, see a doctor or nurse.

Don't wait until your next cervical screening test.



Breast cancer

This cancer grows in the breast.

It's the most common cancer among women in Australia.

It's one of the easiest cancers to treat if found early.

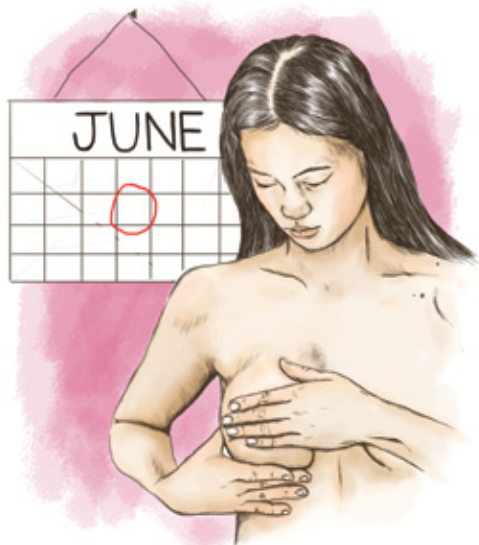


Breast self-check

To find breast cancer early, get to know how your breasts look and feel.

Once a month, check your breasts for lumps, pain, discharge or changes in size or shape.

If you notice anything unusual, see a doctor or nurse as soon as possible.



Breast screen

A breast screen is a photo of the inside of your breasts. It shows changes that are too small to see or feel.

Have a free breast screen every 2 years between the ages of 50 and 74.

Call BreastScreen Australia on 13 20 50 to book a breast screen near you.

BreastScreen

AUSTRALIA

A joint Australian, State and Territory Government Program



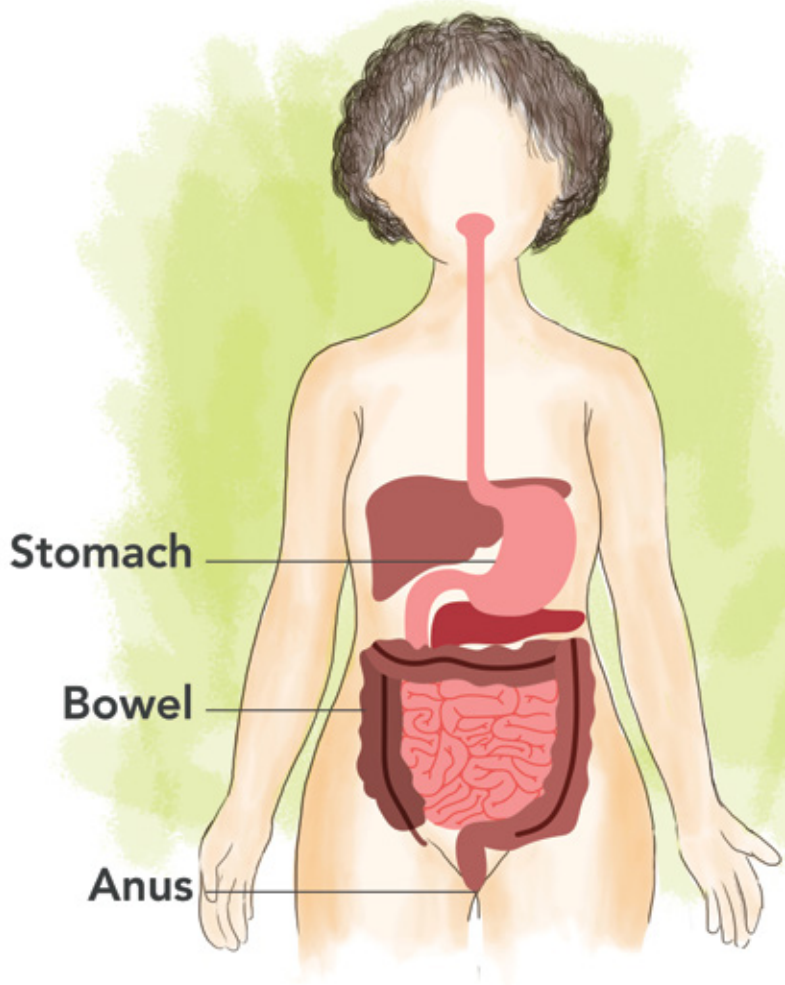
Bowel cancer

This cancer grows in the bowel.

The bowel is the tube that takes food from your stomach to your anus.

With bowel cancer, you might not get any symptoms, so it's important to do a test.

A bowel cancer screening test is the best way to find bowel cancer early.



Bowel cancer screening test

This test checks for blood in your poo, which can be an early sign of bowel cancer.

Do this test every 2 years between the ages of 50 and 74.

**NATIONAL
BOWELCANCER**

SCREENING PROGRAM



Australian Government

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

Free Home Test Kit

PATHOLOGY SERVICES



**SONIC
HEALTHCARE**

4 easy steps
that could help
save your life.



scan for
more info

health.gov.au/nbcsp

Bowel cancer screening test

This test is sent to your home, or you can get it at your local health clinic.

The test is free and easy to do. It comes with instructions that show you what to do.



STI tests

If you or your partner have sex with other people, you can get sexually transmitted infections (STIs).

STIs can cause serious health problems. Get STI tests regularly and ask your partner to get tested too.

These tests are simple, free and safe to do. Talk to your doctor or nurse about how to get tested.

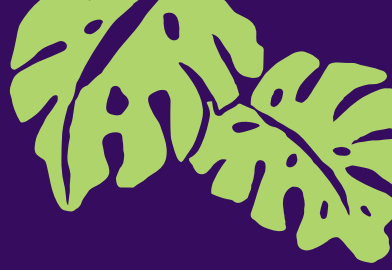


Remember

To stay healthy, have a:

- health check every year
- cervical screening test every 5 years between the ages of 25 and 74
- breast self-check every month
- breast screen every 2 years between the ages of 50 to 74
- bowel cancer screening test every 2 years between the ages of 50 to 74
- STI test regularly if you're having sex.





For further information contact

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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

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